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Watchmaker and Jeweler

Agates ground and mounted
A fine line of Jewelry and Silverware at prices that are right.

If the gentleman head of the house had to do the washing just one Monday morning there would be an electric washing machine in the home before the next Saturday night.

If you have not had the delightful experience of using an electric washer you can have no understanding of the work and drudgery saved by its use. The cost of operating a washing machine is about twenty-five cents per month for the average family. We sell the EASY washer, one of the best, on terms convenient to the buyer.

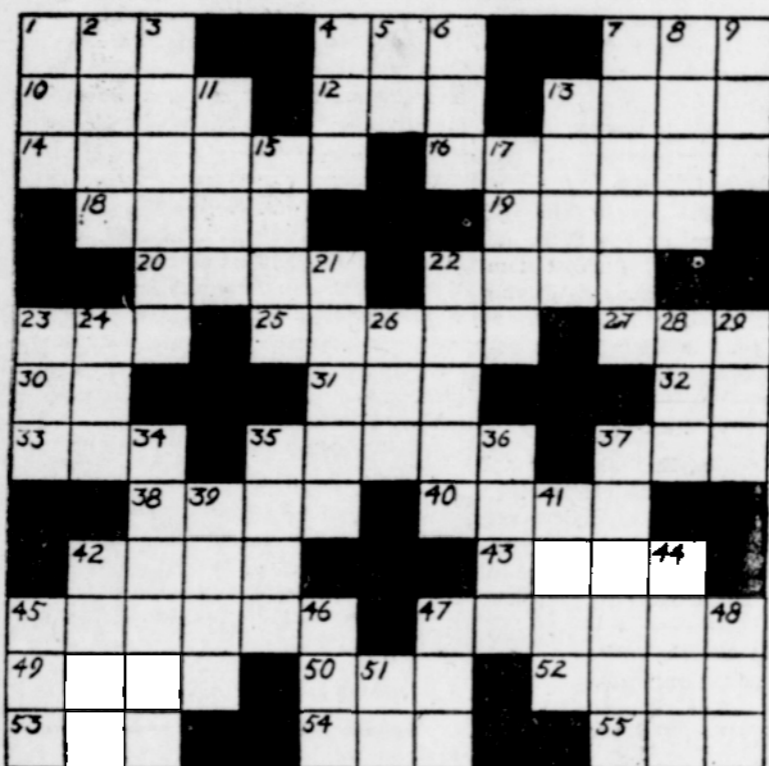
For the country home the pumping unit is indispensable. Cold running water at a proper pressure, fresh from the well, gives a comfort and satisfaction that is priceless. We sell deep and shallow well equipment, install and see that the unit works perfectly, are in business to stay, stand behind every unit sold, and give service unexcelled. For all things electrical, we are head quarters, for carefully selected goods of the best make, courteous, and appreciative service. Call, write, or phone—Blue 34.

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CROSS-WORD PUZZLE No. 30



- Horizontal.
- Kind of leather
 - Beverage
 - Girl's name
 - By word of mouth
 - Hastened
 - Realized
 - Pertaining to a biblical mountain
 - Foolish talk
 - Move or run swiftly
 - Short news article
 - Famous garden
 - Equal
 - Black viscous substance
 - Utensil with means for separating coarse from fine particles
 - Children's game
 - Part of verb "to be"
 - Beverage
 - Proceed
 - Fashionable watering place
 - Pinocchio term (pl.)
 - Wager
 - Litter on which corpse is borne to grave
 - Simple
 - Need
 - Policeman
 - Wicker container
 - Head or brain (plural)
 - Poems
 - Alone
 - State in Indo-China
 - Marry
 - Vessel
 - European fir tree

- Vertical.
- Indian measure of distance
 - Part of the eye
 - One who capers
 - Part of a circle
 - Note of musical scale
 - Finch
 - Conceive
 - Consider
 - Carpenter's tool
 - Praise
 - Boy's plaything
 - In old Roman calendar the 15th day of certain months
 - Head sounder
 - Saltpeper
 - Side step
 - It is (poetic)
 - Egyptian snake
 - Snake-like fish
 - Period of time
 - Obtained
 - Lowered, degraded
 - Allot
 - Bag
 - Action aside or apart
 - Colored solids
 - Spirit
 - Walk in water
 - Fruit of the blackthorn
 - Curtsey
 - Cover
 - Pis
 - Point of compass
 - Negative

Solution will appear in next issue.

Young chicks from four to six weeks are often attacked by a germ that lives in the soil over several years, says A. G. Lunn, head of poultry husbandry at O. A. C. The affected chicks show droopy wings, ruffled feathers and a general weakness. The strong as well as weak chicks are attacked. Experimental work indicates that they are then not able to digest hard grain and should be fed moist mash three times a day. Treatment also includes moving the chicks to clean ground and disinfecting the brooders with a 10 per cent solution of crude carbolic acid. Epsom Salts at the one fourth pound to the mash for 100 chicks, and hydrochloric acid at the rate of one teaspoonful to a gallon of water, are also recommended.

There is no need for gain so great as to warrant the exploitation of the widow's mite or the orphan's heritage.

The young people met Monday evening and gave Mr. and Mrs. Marion Eoulden a hearty charivari. The main attraction was the groom standing on the running board of a car car while he wheeled a wheel-barrow up and down the street.

"A word of warning may be advisable to users of balloon tires. Tire pressures must be checked frequently and the tires kept at the pressure specified by the manufacturer, otherwise you will have trouble. A drop of ten pounds in the pressure of a high pressure tire would not make a great deal of difference, but this drop in the pressure of a balloon tire will cause very serious damage. Keep balloon tires at the proper pressure and they will give you every satisfaction."

Health and Home

CAMPING AND PROBLEM OF FOOD

There is no healthier sport than camping. During the warm and balmy spring and summer days, it is real recreation. To get out in the fresh air and sunshine, free from worry and care, enhances the health of anyone, be he office man, salesman or what not.

But due to the entirely inadequate means of food preservation and refrigeration found in the majority of camps, there is the ever-present danger of sickness from infected foods. The utmost care must be taken in order that this may be avoided. Butter and eggs should be bought only as used. The milk is a problem in itself. Perhaps the solution lies in the use of a milk other than market milk, in order that purity and sterility may be assured. For such use, evaporated milk is ideal. Many people are wont to confuse evaporated and condensed milk but there is no similarity between the two. Condensed milk is a combination of sugar and milk and can be used only when both of these substances are desired. Evaporated milk is merely pure, fresh milk with about sixty per cent of the water removed and the nutrient content left intact. It is absolutely sterile and pure, having been sterilized before leaving the factory. The water, removed by evaporation, may be replaced very easily and the milk returned to its original volume. Evaporated milk may be obtained in small cans, containing six ounces or in larger ones containing sixteen and can be taken to the camp in quantities sufficient for the needs of the entire period, thus assuring a constant supply of pure, fresh milk without the worry or the danger attached to the use of the market product.

Following are recipes for a few dishes that are best adapted for camp consumption because of ease of preparation, purity and food value.

Tomato Soup.

1 pint tomato pulp 1/4 cups water
or canned tomato soup 1/2 tsp. salt
1/4 cups evaporated milk 1/4 tsp. soda
Bring tomato pulp or soup to the boil, add the seasonings and soda. Heat the milk and water and combine slowly with the tomato mixture.

Shirred Eggs.

1/4 cup evaporated milk 1/4 tsp. paprika
1/4 cup water 1/2 tsp. fat
1/4 tsp. pepper Grated cheese
Beat the eggs, add the milk, water and seasonings. Melt the fat in a frying pan. Add the egg mixture and stir until the mixture is creamy. When almost done, sprinkle with grated cheese. Serve on slices of bread, toast or crackers.

Health and Home

FEEDING BABY DURING SUMMER

Milk is recognized as the ideal food for young children. It should be carefully guarded during the warm summer months, to insure its freedom from germs or bacteria that might cause harm to the child. Because of its nature, it is, under certain conditions, a breeding and propagating ground for germ life and may soon become unfit for use unless it is handled with the utmost care and vigilance. Perhaps the ideal way to obviate this risk is through the use of evaporated milk. This milk is only pure milk with sixty per cent of the water removed from it and is absolutely sterile. It is of double richness but may be modified by the addition of water, which will return it to its original volume with a greatly enhanced food value.

Evaporated milk is sterilized and has a high nutritive content. This causes it to be a very excellent food for the young child and the infant. In fact, many of the leading pediatricians of the country advocate its use after the child is deprived of its mother's milk. A formula, evolved by these pediatricians, through experimentation, is as follows:

From Sixth Week to Third Month.
Milk, evaporated 6 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 24 ounces
Seven feedings in twenty-four hours; 4 to 5 ounces at three-hour intervals during the day and four-hour intervals at night.

From Third Month to Fifth Month.
Milk, evaporated 7 1/2 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 29 1/2 ounces
Six feedings in twenty-four hours; 5 to 6 ounces at three-hour intervals during the day and a feeding at 10 p. m.

From Fifth to Seventh Month.
Milk, evaporated 10 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 29 ounces
Five feedings in twenty-four hours; 4 to 5 ounces at four-hour intervals, the last feeding to be given at 10 p. m.

From Seventh to Ninth Month.
Milk, evaporated 11 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 35 ounces
7 to 8 ounces at four-hour intervals during the day. Last feeding at ten at night.

From Ninth to Twelfth Month.
Milk, evaporated 12 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 34 ounces
8 to 9 ounces at four-hour intervals during day. Last feeding at ten at night.

Health and Home

ICED DRINKS IN THE SUMMER

On a warm and sultry summer day, there is nothing more refreshing to the mind and to the body than an iced drink. Of course, when such drinks are being used, moderation should be practiced, because if taken in excess or too rapidly, they are liable to be injurious to the stomach. However, when taken in a sensible manner, they are refreshing and beneficial to the fatigued. In the manufacture of these drinks, care should be taken to avoid any combination that may be indigestible or hard to assimilate. The drink should be consumed in a slow and leisurely manner.

The greatest danger present in the use of iced drinks is the one that involves the use of ingredients that are possibly impure or contaminated in any way. This is very liable to happen if the juices that are used are allowed to stand until they become soured and unfit for use, or if the milk or other ingredient used is not strictly fresh. The predisposition of milk to spoil quickly at summer temperatures makes it oftentimes necessary to use evaporated milk, which after all is just pure fresh milk with more than half the water taken away. It is sterile and, therefore, always safe. For use in iced drinks, it is ideal.

Following are several formulas used in the manufacture of iced beverages. If these formulas are followed religiously, the results will be found to be very satisfactory.

Chocolate Malted Milk.

1 cup evaporated milk 2 teaspoonfuls cocoa
1 cup water 2 teaspoonfuls malted milk
Mix cocoa with water until syrup is obtained. Put all ingredients in Mason jar and shake thoroughly and serve with chopped ice.

Milk Punch.

1 cup evaporated milk 2 tbsp. orange juice
Sugar to suit 1/2 cup water
1 tsp. lemon juice Small stick cinnamon
1 cup tea 1/2 cup fruit juice
2 tbsp. lemon juice 1/2 cup currant or berry (preferred)

Boil slowly the cinnamon, a lemon rind and orange rind in water for ten minutes. Strain and when cool add the other ingredients. Place in a Mason fruit jar and shake well. Serve in tall glasses with chopped ice.

Egg Nog.

1 egg 1 1/2 tbsp. powdered sugar
Pinch salt 2 tbsp. fruit juice
1/2 cup cold evaporated milk 2 tsp. nutmeg gratings
1/2 cup ice water
Add salt to egg white and beat to a stiff froth. Add the sugar, the fruit juice and nutmeg. Fill glass with milk and cold water. Sprinkle top with chopped nuts.

Health and Home

Trainer of Boxers Gives Diet Hints

To Kid Howard of Chicago and his new system of training and conditioning, Sammy Mandell, the present lightweight boxing champion of the world, gives a great deal of the credit for his meteoric rise to stardom in the world of pugilism. When Mandell first started fighting, he was small, weak and undeveloped, but after turning himself over to Howard it was only a short time before he took the decision from Sid Terris of New York that resulted in him being recognized as the boss of the lightweights.

Howard's system is unique in that it works no hardship on the athlete who is in training. Unlike the systems that have been used for years, this prominent and successful trainer of men makes conditioning more of a pleasure than a distasteful necessity. Instead of demanding that his men eat only certain things he advises them to eat what they want and when they want it as long as it is cooked in a proper manner. Mr. Howard, in a recent interview on the subject of diet and condition, said, in part: "Years ago it was a task, and an unpleasant one, for a boxer or a wrestler to train for a bout because he was forced to literally starve himself unless he wanted to eat steaks and chops at all times. I remember that when I was training for a match, I was so truly tired of steaks that I choked every time that I ate one but it was steak or nothing. I advise my men to diet at all times but it is perfectly possible for them to diet and, at the same time, to enjoy their food. My only 'don't' is the one regarding the eating of such combinations as fresh milk and cheese, and fruit with cream. In fact, I advocate the use of evaporated milk entirely. Vegetables are fine and the more that the athlete eats the better he will be for it. Pastry, of certain kinds, such as homemade pies, cakes and cookies, if made correctly, and with pure butter, evaporated milk and pure lard, are very beneficial. Stews and boils are ideal. Taken as a whole, any food, with a few exceptions, is all right if properly cooked and eaten without gorging."

And one has but to look at Howard, who is the most religious user of his own system, to realize that it is a success.

From Third Month to Fifth Month.
Milk, evaporated 7 1/2 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 29 1/2 ounces
Six feedings in twenty-four hours; 5 to 6 ounces at three-hour intervals during the day and a feeding at 10 p. m.

From Fifth to Seventh Month.
Milk, evaporated 10 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 29 ounces
Five feedings in twenty-four hours; 4 to 5 ounces at four-hour intervals, the last feeding to be given at 10 p. m.

From Seventh to Ninth Month.
Milk, evaporated 11 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 35 ounces
7 to 8 ounces at four-hour intervals during the day. Last feeding at ten at night.

From Ninth to Twelfth Month.
Milk, evaporated 12 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 34 ounces
8 to 9 ounces at four-hour intervals during day. Last feeding at ten at night.

Health and Home

CARE OF CONVALESCENT IN SUMMER

For those who are just recovering from a serious illness the problem of food is a serious one. The patient, though well on the road to recovery, is usually weakened by the rigors of disease and the excessive heat is wont to sap his energy. Hence, the foods that are consumed during this period should be considered carefully as to digestibility, food value, ease of assimilation, purity and sterility. These are important in any food but especially so when the consumer is not strong and healthy.

In most cases, the one who is convalescing consumes milk in large quantities. This food contains all of the elements that are essential to the body. If milk is pure and germless, it is easily digested and assimilated.

Where the milk supply is uncertain or the quality not of the best, evaporated milk should be employed. It is sterile; it is just pure milk with about sixty per cent of the water removed. Its double richness may be modified, if desired, by the addition of water or it may be used just as it is, where rich, creamy dishes are desired.

Many people make the mistake of confusing evaporated milk with condensed milk. They are not at all similar in appearance, composition or taste. They cannot be used for the same purposes; condensed milk is a combination of sugar and milk; evaporated milk has no added sugar, being pure milk of double-rich quality and food value.

Following are recipes of easily prepared dishes and foods that are well suited for the invalid and the convalescent.

Loganberry Cream.

1/2 cup evaporated milk 1/4 cup loganberry juice
1/2 cup water 2 tbsp. lemon juice
Pinch salt Pinch salt

Put all ingredients in a Mason fruit jar and shake thoroughly. Chill and serve in glasses filled 3/4 full of ice chips. Raspberry, blackberry, and cherry juice may be used instead of the loganberry.

Iced Cocoa.

3 tsp. cocoa milk diluted
3 tsp. sugar with
1/4 cup water 1/4 cup water
Pinch salt 1/4 tsp. vanilla
1/2 cup evaporated milk

Mix cocoa and sugar thoroughly and add the 1/2 cup water and boil over a low flame for 15 minutes. Strain the diluted milk and add cocoa syrup and salt. Continue cooking for 15 minutes in double boiler. Add vanilla. Chill and serve with chopped ice. Top with whipped cream.

Health and Home

FOOD FOR CHILDREN WHO TRAVEL

Many times, and especially during the summer months, mothers are forced to take their children on trips with them. During these trips, the parent is forced to contend with that ever-present and serious problem of food for the child.

As in almost every other case, the chief source of worry, during these periods, is the milk supply. Its source, its purity and its food value. It is not always convenient to get market milk of dependable quality for, in many sections of the country, adequate facilities for its care are not provided. To meet the needs of mothers in these trying situations, science has provided a form of milk, conveniently carried and easily prepared. The cans are in two sizes, the one containing six ounces and the other sixteen.

Evaporated milk is just pure cows milk with more than half of the water removed. None of its food value is lessened; in fact its digestibility is improved. It is easily mixed with water and is, undoubtedly, the most practical form of milk for use as a food for children. Some of the country's leading pediatricians recommend its use, employing the following formula:

From Sixth Week to Third Month.
Milk, evaporated 6 ounces
Lime water 3 ounces
Milk sugar 2 ounces
Bottled water 24 ounces
Seven feedings in twenty-four hours; 4 to 5 ounces at three-hour intervals during the day and four-hour intervals at night.

From Third Month to Fifth Month.
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Milk sugar 2 ounces
Bottled water 34 ounces
8 to 9 ounces at four-hour intervals during day. Last feeding at ten at night.

S. P. Railway Co.

TIME TABLE

Effective Sept. 7.
Trains will arrive as follows.

To Portland	
No. 355	5:53 A. M.
No. 354	8:37 A. M.
No. 358	11:18 " "
No. 352	2:40 P. M.
No. 360	6:32 " "
From Portland	
No. 351	9:33 A. M.
No. 357	11:10 " "
No. 359	2:40 P. M.
No. 353	6:00 " "
No. 356	7:13 " "

Special, Sunday only 8:05 p. m.

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Solution of Puzzle No. 29.

CAPITULATES
ONE EGO A
NO LEDGE OF
GALLET IN BE
ERATO STOIC
ALLT LVO
LILAMA VION
LIALTEIND
BEOLEIN EU
LAREOOF C
ENVIRONMENT

Uncle Eben

"If yo' can't manage yoh conduct so's to keep in de straight an' narrow path," said Uncle Eben, "you'll be runnin' big risks, same as any other 'ly-walker.'"—Washington Star.

Colors in Brass

A process has been discovered that makes it possible to obtain brass in coloring ranging from bright yellow to orange and from red to blue.