

Vegetables Give Health
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Most vegetables are better when cooked in a small amount of water because a part of the mineral salt dissolves out into the water and is lost if the water is thrown away. Cook whole when possible. Tender spinach or lettuce leaves require no added water for cooking. If thoroughly washed, enough water will cling to the leaves to prevent burning. Delicately flavored vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils away. Strongly flavored vegetables may be cooked uncovered in a large amount of rapidly boiling water, and the water changed several times during the cooking. Starchy vegetables should be put on and cooked in a sufficiently large amount of boiling water to cover them. Boil gently and keep kettle covered. The time required for cooking vegetables depends on the kind, size, and age of the vegetable. Judgment must be used in deciding when they are quite done but not overdone.

Potato Biscuits are Delicious

For a change from biscuit made entirely of white flour, try this recipe for tea biscuits. Less liquid is required when mashed potato is used because of the liquid contained in the potato.

1 teaspoon salt.
3 teaspoons baking powder.
3 tablespoons shortening.
1 cup mashed potato liquid sufficient to mix.

Sift together twice the flour, salt, and baking powder. Cut or rub into this the cold shortening. In the same way, rub into this flour mixture the mashed potato. Finally add just enough cold liquid to make the mass cling together. Do not knead. Place on floured board. Roll until one-half inch thick and cut into rounds. Place in lightly floured biscuit tin and bake for 15 to 20 minutes in a moderate oven. Bake all potato biscuits in this way. These made with shortening.

Fill men with praise if you would have friends.

IMPERIALES
MOUTHPIECE
CIGARETTES

are filled with such fine tobacco, are made with such care, mouthpiece and all—no wonder men praise them and pass them on to friends.

10 for 13c
The John Bollman Co. Branch
Manufacturers

If the trouble continues, it will be necessary for some one to march boldly into Mexico and read the League of Nations Covenant to the Mexicans.—Boston Shoe and Leather Reporter.

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12 VALE DRUG STORE

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RAGS WANTED—We will pay 5 cents a pound for clean cotton Rags! Phone or Bring to the Malheur Enterprise, Vale, Oregon. 21 Jun-19

It seems another blow at the food-supply of the world when prohibition steps in and blights the wild-oats crop of coming generations.—New York Morning Telegraph.

If Mexico could only be made safe, it might become a great winter resort for Americans. And then the Mexican bandits could become hotel-keepers.—Long Island City Star.

—The Malheur Telephone Company offers its telephone service to the progressive business man as the most economical, efficient method of communicating with his customers. It is always ready, always handy, and pays for itself in the time it saves.

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An Unpardonable Sin
(Contributed)

To educate your children in a town—
To live in it—
To make a living off of it—
and out of it—
To get everything you possibly can—
out of it—
And put absolutely nothing into it!

It is perfectly proper for a British newspaper to suggest the dropping of "Hun" German has acquired a meaning since 1914 that makes synonyms Telegraph.

It is idle to talk of coining seven-cent pieces for street-car fares. It would be only another year before we would have to discontinue them and begin to coin fourteen-cent pieces.—New York World.

Your Copy

for that newspaper advertisement or circular may express your ideas but effective typographical display is necessary to get best results. With your knowledge of your business and our knowledge of the printing art we can co-operate to mutual advantage.

REMEMBER
We Are Always at Your Service

Henry Ford would be in a bad way if authors, historians, artists, lawyers, and statesmen didn't know more about automobiles than he knows about literature, history, art, etc.—Boston Shoe and Leather Reporter.

With hogs selling at twenty-four cents on the hoof there is many a silkpurse that isn't worth a sow's ear.—London (Ontario) Free Press.

In Budapest a reactionary is anybody whose conscience bothers him after he has killed a property-owner.—Indianapolis Times.

Fall Cleaning Coming?

Is now near at hand We are making special prices this week on laundry soap. These are the old prices and our customers will get the benefit of the savings if they buy now. The new prices are considerably higher.

White Flyer \$6.00 box Bob White \$6.25 box
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THE VALE MEAT CO.
A. H. CHESTER, Mgr. Vale, Oregon
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