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No matter what your trouble is I can help you: I have cured hundreds! Why not you?  
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No knife. No operations. No incurable case taken.  
Free treatments this week.

**Herald Home Corner**  
Housewives may mail request for recipes or ask any questions concerning recipes published. A Herald subscriber, a woman versed in cookery, who desires to remain anonymous, will be delighted to publish requested recipes or answer questions.  
—The Editor

**Nut Soup**  
One large onion, 2 good sized tomatoes or a cup of canned tomatoes drained of juice, one dessert spoonful of peanut butter, one cup of soaked entire wheat bread crumbs (any bread will do). Dissolve nut butter in a little water. If liked, curry powder may be added, a scant teaspoonful dissolved in a tablespoon of water; boil 40 minutes, take from fire and strain. The result should be a brown soup of cream consistency.

**Scotch Soup**  
Four pounds of lamb, 2 quarts water, one cup pearl barley, one cup diced carrots, one cup diced turnips, 2 onions sliced, small cabbage and handful of parsley, pepper and salt; boil lamb about 2 hours before putting in the others; serve hot.

**Pea Soup**  
One cup split peas soaked over night in cold water. In the morning drain and add 2 quarts of cold water, a 2-inch cube of salt pork, one small onion sliced fine. Simmer slowly till quite soft, then press through a puree strainer. Melt together 3 tablespoons butter and 2 of flour, add a dash of pepper, one teaspoon salt, 2 cups of hot milk; allow to just come to boiling point.

**Cream of Celery Soup**  
Cut fine the outside stalks of celery. Wash in several waters. Put 2 tablespoons of rice in 3 pints of milk, with one sliced onion and boil until rice is done. Add celery and boil 15 minutes. Pass through ricer and season with a little salt and pepper and a little butter. Just before serving add one cup of cream.

**Portuguese Bread Soup**  
Cut up 4 onions and brown them well in some drippings, add 2 spoons of tomato sauce, some pepper and salt and some herbs, then as much water as you want soup; let it boil about 3 hours; cut up some pieces of stale bread in a tureen and pour the soup over it; let it stand some time covered up for the bread to soak well, then grate a little cheese over the top.

**Oyster Soup**  
Scald one quart of milk with one slice of onion, 2 cloves and a bit of bay leaf. Pick over and parboil one

**The KITCHEN CABINET**  
Copyright, 1922, Western Newspaper Union.

"The frugal housewife must learn to plan economical and properly balanced meals, which will nourish each member of the family properly and not encourage over-eating or offer excessive and wasteful variety."

**GOOD EATING**  
Dip slices of bread into beaten egg thinned with a little milk to which a teaspoonful of sugar and sufficient salt has been added to season. Fry in a little hot bacon fat and serve with a strup if liked.

**Hard Sauce With Dates.**—Take one-half cupful of stoned and chopped dates. Cream two tablespoonfuls of butter, add one and one-half cupfuls of powdered sugar gradually with one-third of a cupful of cream and one-half teaspoonful of vanilla and a speck of salt; fold in the dates, adding more cream, if needed. A dash of lemon juice adds variety to this sauce. This may be used as cake filling.

**Celery Stuffing for Meats.**—Take two cupfuls of bread crumbs, one cupful of diced celery, one-half cupful of walnut meats, one teaspoonful of poultry dressing; one teaspoonful of salt, cayenne to taste, one teaspoonful of grated onion, one teaspoonful of baking powder and two tablespoonfuls of butter. Soak the bread crumbs and squeeze dry, add other ingredients. Put hamburger steak and this stuffing in layers in a baking pan, cover the top with stuffing. Bake 40 minutes.

**Date Loaf Cake.**—Take one pound of dates, one pound of walnut meats, one cupful of flour, one cupful of sugar, two teaspoonfuls of baking powder, four eggs, one teaspoonful of vanilla, salt to taste. Use the dates and nuts whole, sift over the flour, which has been sifted with the baking powder and again with the sugar. Beat in the egg yolks, add vanilla and salt and fold in the stiffly beaten whites; bake one hour.

**Cucumber Rings.**—Peel and slice the cucumbers, then with a vegetable cutter take out the centers, leaving a ring. Put them on ice for an hour, dry and then fry in deep fat. Serve with timbales of chicken.

**French Pudding.**—Bake a pastry shell and fill with nicely seasoned apple sauce. Cover with a meringue, using two egg whites and bake until the meringue is a delicate brown.

Nellie Maxwell

pint oysters, remove seasoning from milk and add the parboiled oysters. Melt 2 tablespoons butter add 2 table-spoons flour, and stir into the milk mixture, season with salt and pepper.

**OREGON NEWS NOTES OF GENERAL INTEREST**

Approximately 22 per cent of the automobiles now operating in Oregon are non-resident machines, according to a report by the state highway department. The report was based on observations covering 4000 miles of road.

Carl D. Shoemaker, state master fish warden, has announced that the request made to the fish commission by packers and fishermen for a five-day extension of the spring fishing season, which closes at noon August 25, will not be granted.

Conservative estimates place the value of the recent rain at \$1,000,000 to western Oregon, judging from the standpoint of increased agricultural crops which will be caused by the arrival of the much needed moisture. At the same time the rain was said to have caused some damage to cut hay and grain crops, but this was believed to have been immaterial compared to the benefit. While the rain came too late to have any appreciable effect upon the grain crops it will prove a great stimulus to the potato and various vegetable crops and to the pastures, many of which had been burned out by the dry weather. It will also help materially the apple, pear and peach crops and will prove of some benefit to the hops.

The initial step by the recall-elected public service commission looking to a reduction of the rates of the Pacific Telephone & Telegraph company in Oregon was taken at an executive session of that body held in Salem. The action of the commission was based on a resolution which provided that the attorney-general withdraw his answer to the complaint in the suit filed by Robert Duncan and others of Portland, to set aside an order of the old public service commission issued February 26, 1921, authorizing an increase in the rates of the Pacific Telephone & Telegraph company. It is said that if the provisions of the resolution are carried out by the attorney-general it will mean that the case will go by default and the telephone company will have no alternative other than throwing the entire rate proceedings in the courts.

**The Value of Hot Water**  
Hot water has far more medical virtues than many believe. Because it is so easily procured, many think it valueless.

Headaches yield to frequent applications of hot water to the feet and back of the neck.

A napkin wrung out and put around the neck of a child suffering from croup will relieve it in ten minutes.

A tumbler full of hot water taken in the morning, half an hour before breakfast, will help cases of stomach trouble. Very hot water will stop dangerous bleeding.

Hot water is the best thing that can be used to heal a sprain or bruise. The wounded part should be placed in water as hot as can be borne for 15 to 20 minutes, and in all ordinary cases the pain will gradually cease.

It is well known when one is exhausted or worn out with worry or labor, a cup of hot broth or tea or coffee, or even copious draughts of hot water, is one of the best stimulants known.

Sprains may be relieved greatly by soaking the afflicted part in hot water for half an hour at a time, and then binding it with a flannel bandage. Bruises yield to much the same treatment, although such long soaking is unnecessary.

In cases of internal cramps, spasms and like pains, the internal hot bath, by way of the mouth, is often a specific, and all that is needed, giving comfort instantly.

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These warm, dusty days have an iced drink at our fountain.  
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**EXTRAVAGANT COOKING**

Much food material is wasted by buying foods high in price and low in value (asparagus tips, oysters, pimientos and mushrooms).

By "living out of paper bags."  
By buying staple foods in small packages (cornmeal, rice).

By buying for wants rather than for needs.  
Breakstuffs are wasted:  
By careless storing of cereals (flour, meal, admitting insects).

By leaving flour and dough adhering to bread bowl and board.  
By bread failure due to wrong handling and baking.

By discarding left overs, biscuits, muffins, ends of loaves. (Bread crumbs may be used in numerous ways.)

By underbaking, resulting in souring when a few days old.  
By improper storing of food, resulting in souring and molding.

Meats are wasted:  
By careless storing.  
By leaving trimmings at market—fat and bones.

By discarding excess fat—all fat is usable.  
By discarding bones—useful in soups. (Remove surplus fat and bone before cooking.)

By wrong cooking:  
By discarding leftovers.  
By discarding juices and broths.  
By providing too much in the diet.

By overeating on part of individuals. (One mealless day each week will help to conserve the supply of meat and to improve health.)

Vegetables are wasted:  
By careless storing.  
By taking thick parings, sometimes 20 per cent of edible portion. Save food by cooking in jackets.

By discarding small sized vegetables.  
By discarding water in which vegetables are cooked. Steaming saves food material.

By discarding leaves and stems (beet tops, turnip tops, outer stalks and leaves of celery).

By overcooking.  
By undercooking.  
By cooking larger quantity than is needed.

By discarding leftovers.  
Milk is wasted:  
By careless handling.  
By discarding buttermilk (use for cookery and beverages).

By discarding separated milk (use for cheese and cookery).  
By discarding skim milk (use for cheese and cookery).  
By discarding whey (use in bread making).—Emergency Leaflet Iowa Agricultural college.

"Where's the capital of the United States?"  
"In Europe."—Lehigh Budd.

**Attention Radio Fans**  
Amplifying sets  
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All Radio supplies  
**CURREY'S PHARMACY**  
GRAYS CROSSING  
It's all Right or Your Money Back

**Canning Peaches**  
Willamette Valley early Crawford canning peaches now ready. Look for the "Stop for Peaches" signs on 82d street about three blocks south of Division street.  
**Hop Pickers**  
Families desiring to pick hops please apply at the above stall.  
**Beaver Island Fruit Acres, Inc.**

**Clean Up Paint Up Tune Up YOUR AUTOMOBILE**  
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Mrs. Robinson, sister of the late Theodore Roosevelt, tells in her recollections of her distinguished brother that a few days before he died the ex-president said that if the end had come he had the satisfaction of knowing that he had kept a promise made to himself in early life; a promise, namely, that he would work up to the limit of his capacity until he was 60. Very few men can say truthfully that they work up to the limit of their capacity even for a year at a time, not to mention their whole adult life. Laziness is accountable

**YEAGER THEATER PROGRAM**  
SUNDAY AND MONDAY, AUGUST 27 and 28—Jach Holt and Bebe Daniels in "North of the Rio Grande," "Kiss and Make Up," a two-part comedy; "Beautiful Cat," an Aesop's Fable.  
TUESDAY AND WEDNESDAY, AUGUST 29 and 30—Marion Davies in the "Bride's Play" and "A Powder Romance," (comedy); "Robinson Crusoe" (14th Episode).  
THURSDAY, AUGUST 31—Wanda Hawley in "The Outside Woman," "Anvil Chorus" (comedy). Photo-play Review.  
FRIDAY, SEPTEMBER 1—"Fightin' Mad," with William Desmond; "The Timber Queen," with Ruth Roland; "A Clear Case" (Mutt and Jeff).  
SATURDAY, SEPTEMBER 2—"Perjury," with William Farnum; "Some Class" (two-part comedy). The Latest News Items.

**Firland Barber Shop**  
(On carline, opposite Firland station.)  
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for a good deal of the failure to make proper use of time; inability to organize one's work is responsible for much wasted effort.

When a man has not a good reason for doing a thing, he has one good reason for letting it alone.—Scott.

"Some men," remarked the admirer of poetry, "go into politics with the idea of leaving footprints on the sands of time."

"Some do," replied Senator Sorghum, "and others are lucky if they get out without having their thumb-prints taken."

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