

## Herald Home Corner

Housewives may mail requests 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

### Fruit Salad

Six oranges, three large bananas, two apples and one pineapple. Cut the oranges in half and remove the inside without injuring the peel. Scallop the edges of the peel, which is to be used as cups to hold the salad. Cut up the bananas into thin slices and the pineapple and apples into small sections, mix altogether with sugar to suit taste and a little lemon juice. Fill the orange cups and serve with or without French dressing.

### Apioca Coconut Pudding

Soak one-half cup of grated coconut with one-half cup of pearl tapioca in cold water to cover. Add 1 1/2 pints of milk, three beaten eggs, one-half cup sugar and a speck of salt. Mix well and bake in a buttered dish for 30 minutes. Serve hot with cream.

### Corn Batter Cakes

One large cup of Indian meal, four tablespoons of wheat flour, two teaspoons of baking powder, one teaspoon salt. Mix together dry, then add sufficient cold water for a batter. Bake at once on a hot griddle.

### Shoo Fly Potatoes

The potatoes are pared and cut into long strips like macaroni, but of course they will not be round, but square edges. Throw into boiling lard until a golden brown, drain sprinkle with salt. Serve as vegetable alone or as a garnish around fish.

### Plums in Ambush

Boil rice in milk until tender and quite dry, sweeten it to taste with powdered sugar; pour into a border mold to set; when stiff, turn out and fill the center with stewed plums; pour the syrup over the rice and mash the plums with whipped cream.

### Salmon on Toast

Make a sauce from two level tablespoons of butter melted and two level tablespoons of flour rubbed in; when cooked add one cup of milk and cook until thickened. Salt slightly and if liked add a little pepper. Add some boiled salmon or canned salmon, flaked. Salt fish may be used also. Heat through and pour on slices of toast.

### A NEIGHBORLY OBLIGATION

Dr. Frederick D. Stricker, of the Oregon State Board of Health

Once an epidemic of contagious disease becomes wide-spread, it is an extremely difficult and expensive task to curb it before the epidemic has exhausted all available material. However, an epidemic can be prevented with comparative ease provided the public and the physician and the health officers respond to their respective duties. In preventing the spread of disease, the first responsibility rests upon the public as individuals, and upon the practitioners of the healing art. This initial responsibility is the early and accurate reporting of all cases of reportable diseases to the local health officer. The responsibility then shifts to this official who is charged with the responsibility of safe-guarding the health of his community. A concealed case of measles might be the source of an epidemic of city or county wide proportions, resulting in much unnecessary sickness, enormous expense, suffering on the part of innocent individuals, misery and death. Those individuals who willfully conceal cases of contagious illness are guilty of a crime against society. The practitioner who tells the family that a case of scarlet fever is nothing but a slight tonsillitis is dodging his solemn obligation to society in an effort to please the family. He should have his license revoked and his business closed so that he may seek a job in a slaughter house where he belongs. The physician who helps the family commit a crime is neither a friend of the family nor of the community and both he and the family should be deported.

We recall an instance where a 3-year-old child became ill. The doctor was promptly called; he examined the patient and diagnosed the case as measles. A sigh of relief immediately went around the family group: "Oh! it's nothing but measles," and then they with the "good" doctor laughed at the joke. No report was made of the case, no quarantine was instituted and no precautions taken to safe-guard the community. Neighbor's children were not even warned to remain away from the house. In a few days a child across the street developed the measles, in a few days another, then another and another and so the epidemic went throughout the town. In that one block where the original case developed and the joke of it was laughed at, three funerals were conducted for three little children, all three of whom died from the measles contracted from the first case that was such a joke.

This is just one instance of many that might be cited to illustrate the results of criminal carelessness on the part of dishonest and irresponsible practitioners and their allies.

## ALL STAND AND SING

Oh, say, can you sing from the start to the end?  
What so proudly you stand for when orchestras play it?  
When the whole congregation in voices that blend,  
Strike up the grand tune and then torture and slay it;  
How valiant they shout when they're first starting out,  
But "the dawn's early light" finds they floundering about;  
'Tis "The Star Spangled Banner" they're trying to sing,  
But they don't know the words of the precious, brave thing;  
Hark "the twilight's last gleaming" has some of them stopped,  
But the valient survivors press forward serenely  
To "the ramparts we watch" when some others are dropped,  
And the loss of the leaders is manifest keenly;  
Then "the rockets' red glare" gives the bravest a scare,  
And there's few left to face "the bombs bursting in air";  
'Tis a thin line of heroes that manage to save  
The last of the verse and the home of the brave."  
—Exchange.

## Short Stories

A visitor from the north had halted his automobile on the road to mend a leaky tire, and caught the sounds of the negro's words.

"What did you call that dog?" he asked.

"I calls him Mo'over," said the darkey.

"You mean Rover, don't you?"

"Naw, suh, I don't mean Rover, I means Mo'over."

Isn't Moreover a funny name for a dog?"

"Naw, suh, hit's a regular dwag name—come outen de Bible."

The tourist shook his head.

"I am fairly well acquainted with the Scriptures," he said. "My father was a preacher. But I never heard of any dog in the Bible being called Moreover."

"W'y, boss," said the darkey, "ain't you 'member whar hit say in de Bible dat Lazarus et de crumbs which fell from de rich man's table, an' Mo'over, de dog, licked his sores!"

"Did you fall?" said a man, rushing to the rescue of a woman who slipped on the icy pavement.

"Oh, no," she said, "I just sat down to see if I could find any four-leaf clovers."

Sunday-school Teacher—"Can anyone tell me where Noah lived?"

Pupil—"I don't think he had a regular home. I guess he and his family belonged to the floating population."

Grocer's Clerk—"Should I order some more fresh eggs?"

Grocer—"No. We have enough fresh eggs in the cellar to last us a couple of months."—The Progressive Grocer.

"Did you ever meet with any accident of the cowpuncher who had applied for a policy."

"No," said the puncher, then adding, apparently as an after thought "a bronco kicked two of my ribs in one time, and a rattle-snake bit me on the leg a couple years ago."

"Great Scott!" said the insurance man. "Don't you consider those accidents?"

"Naw," said the puncher, "they done it a purpose."—Judge.

Mandy—"I've decided to leave mah husband."

Hanna—"How come? Is you be-ginnin' to economize?"—Life.

He was not gifted with much brains but he had courted Arabella ardently. Finally, she accepted him, and he went home full of joy.

He felt he must write to her, to relieve himself of the great happiness within him.

Next morning she received the following note:

"Dearest Arabella—I love you with all the passion the world has ever known. I would sacrifice everything I have for you, I would swim the deepest currents, climb the highest mountains and go through valleys of fire

## UM! SO GOOD

Harry Hoefler's Chocolates and we're the only one around 50th and Division that have 'em.

LEWIS FRANKLIN CANDY SHOP  
1396 1/2 Division Street

## Geo. W. Crockwell, M. E.

Naturopath, Spinologist  
The wonder cure for Rheumatism

706, 720 Dekum Bldg.  
ELECTRIC TREATMENTS  
SPECIALTIES

Stomach trouble, Chronic disease and Female complaints.

No matter what your trouble is I can help you:

Consultation and examinations Free.

No knife. No operations. No incurable case taken.

## NOW IS THE TIME TO THINK ABOUT YOUR BOOKS

Are your books in proper shape for the INCOME TAX statement? Are you worried about your figures? We are doing MONTHLY SERVICE, taking care of small sets of books, for a large number of merchants in Portland. The cost is ridiculously small.

We are ENDORSED BY THE LEADING ASSOCIATIONS OF RETAIL MERCHANTS IN PORTLAND, and have been for OVER TWO YEARS.

Phone MAIn 5977 for more information

RETAILERS SERVICE BUREAU, Inc.  
R. V. Lewis, Pres.

to be at your side. Lovingly, John. "P. S.—I will come to see you on Saturday if it doesn't rain."

## The KITCHEN CABINET

(© 1922, Western Newspaper Union.)  
Were it as easy to cook as to tell how to cook  
And a wish were a dish  
We could dine from our book.

### SOME FRUGAL PUDDINGS

One of the simplest to prepare and also one of the most wholesome for children is the old-fashioned—  
**Minute Pudding.**—Scald one pint of milk and stir in one-half teaspoonful of salt and one-fourth cup of sugar. Cook until the starch in the flour is well cooked. Serve with cream and a little grated nutmeg.

**Kiss Pudding.**—Put two cupsful of milk into a double boiler with the yolks of two eggs that have been well beaten. Add two tablespoonfuls, level, of cornstarch and two tablespoonfuls of sugar. Cook until thoroughly done. Beat the whites of the eggs with two tablespoonfuls of sugar and spread on top; brown in the oven.

**Fifteen-Minute Pudding.**—Take one cupful of flour, one teaspoonful of baking powder and one-half teaspoonful of salt; add one-half cupful of milk or enough to make a drop batter. Add a spoonful to each of four small buttered cups, then a spoonful of canned cherries or any juicy fruit—two or three tablespoonfuls will be better—then finish with another spoonful of the batter, leaving plenty of space to rise. Place in a pan of hot water, cover closely and steam fifteen minutes. Serve unmolded with sugar and cream.

**Talent Pudding.**—Take one cupful of New Orleans molasses, one and one-half cupfuls of flour, one-half teaspoonful of salt, one teaspoonful of ginger. Mix the flour, molasses, ginger and salt thoroughly. Dissolve one teaspoonful of soda in two-thirds of a cupful of boiling water, add to the first mixture and pour into a well-buttered mold to steam one and one-half hours. Sauce—Take two tablespoonfuls of butter well mixed with one tablespoonful of flour, add one and one-half cupfuls of boiling water, two-thirds of a cupful of sugar, nutmeg and a dash of vinegar for flavor. Boil until smooth. Serve hot.

**Bread and Fruit Pudding.**—Spread slices of bread with butter, pour over boiling hot blueberry sauce. Cover with a plate and let stand until well-soaked. Unmold and serve with sugar and cream.

## Nellie Maxwell

More than one-third of the total area of Holland lies below the level of the sea which is kept back by means of dikes.

Patronize our advertisers.

## Dr. Patrick F. Mahar

Optometrist and Optician

351 Morrison Street

45 Steps West From Broadway

With Carl Greve, the Square-deal Jeweler

## U.S. Army Shoes

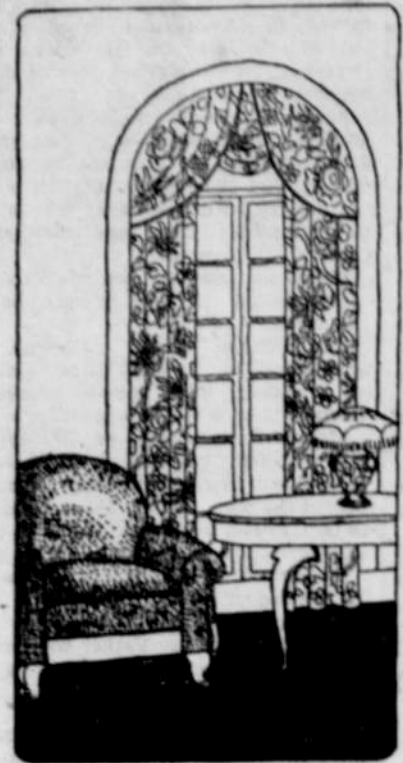
We have just bought a tremendous stock of Army Munson last shoes to be sold to the public direct. These shoes are 100 per cent solid leather with heavy double soles sewed and nailed. The uppers are of heavy tan chrome leather with bellows tongue, thereby making them waterproof. These shoes are selling very fast and we advise you to order at once to insure your order being filled.

The sizes are 6 to 11 all widths. Price \$2.75. Pay Postman on receipt of goods or send money order. Money refunded if shoes are not satisfactory.

## The U.S. Stores Co.

1441 Broadway, New York City

## TO BE USED WITH THE HIGH CEILINGS



In a large room with high ceilings and French windows, massive furniture and large-patterned hangings may be used. The room shown in the sketch draws its inspiration from the blue-and-gold Chinese jar which has been used for the lamp base. The shade of blue chiffon over gold silk is fringed with the two colors. The hangings repeat the color note.

## A SMALL INVESTMENT THAT IS CONSERVATIVE, SAFE AND PROFITABLE

A sales corporation functioning for one of America's oldest and best known manufacturers, offers a legitimate, safe, and exceptionally profitable opportunity to a few small investors (\$100 to \$500) in this district.

A Guaranteed 35 Per Cent MERCANDISE PREMIUM AT ONCE!

This in addition to the substantial dividends your investment calls for. Here is a real opportunity for the first few lucky folks that answer this offer! The 35 per cent merchandise premium is ready for immediate distribution. You make a profit at once!

Write Today—Don't Delay.

Send your name and address and let me show you a real money-maker—something that should meet with the approval of your banker.

James P. Case, Secy. & Treas.  
Western Division  
1201 VAN NESS AVENUE  
San Francisco, Cal.



## Mr. Business Man!

Are you making an intelligent use of the passing hours?

To save time is to save money—money saved is profit—profit is the object of business.

There is no greater factor in the economy of time than the use of the long distance telephone. The service is prompt, efficient, convenient and satisfactory.

Consult the telephone directory as to rates and classes of service available.

Every Bell telephone is a Long Distance station.



The Pacific Telephone And Telegraph Company



## Mother's Bread and— Butter-Nut



WE LIVE in a scientific age. Mother's bread was a proper pride a generation ago, although she knew nothing of chemical analyses and food values.

Nowadays it is different. Food values are determined scientifically—and in bread baking we begin with chemical analysis of all raw materials, so that we KNOW what their ingredients and how much of

elements are. We LEARN what each make the ideal combination for high food value and fine flavor.

Mother had to work "in the dark," so to speak. In our big, modern plant we work with light of both sunshine and science, producing thousands of loaves, all exactly alike and of the high quality you find ALWAYS in



Butter-Nut

THE U. S. BAKERY

Capacity 75,000  
Quality Loaves a Day.

Bakers of  
Franz HEALTH BREAD

The Bread Supreme