

SAVE YOUR TEETH
Come in and have your mouth examined. I use the very latest scientific painless method. DR. A. W. KENNEDY, 231 1/2 Washington St., Portland.

RUBBER STAMPS Stencils, Butter & Egg Stamps, Rubber Stamps for Fruit Boxes. Made on short-notice. Write: WHITE STAMP & SEAL CO., SECOND AND ALMA, PORTLAND, OREGON.

PORTLAND BARBER COLLEGE Teaches the Trade 4 Weeks. Scalp, Face Massage a Specialty. Tools Free. Positions Guaranteed. PAY WHILE LEARNING. 283 Madison St., Portland, Oregon.

RUPTURED The WILSON WAY gives absolute cure for many cures; payments \$1 week, with money-back guarantee. Write for FREE book. Jay W. Wilson, 302 Commercial Club Building, Portland, Oregon.

FARM HELP. When in need of good, reliable farm and dairy help write or wire, our expense. Pioneer Employment Company, 14 North Second Street, Portland, Oregon. Established 10 years.

LEARN AUTOMOBILE REPAIRING AND DRIVING at the best equipped, most up-to-date and only practical Automobile School in the Northwest. L. & M. Auto Repair Co., 369 Hawthorne Ave., Portland, Or.

A FIGHT ON HIGH prices. Why not \$5 to \$10 for a pair of glasses when I can fit your eyes with first quality lenses to a gold filled frame as low as \$1.50? Chas. W. Goodman, 209 Morrison St., Portland, Or. Glasses fitted by mail. Write for particulars.

WEEKS' BREAK-UP-A-COLD TABLETS A guaranteed remedy for Colds and La Grippe. Price 25c of your druggist. It's good. Take nothing else.—Adv.

HOTEL CARLTON 14th and Washington Sts., Portland, Ore. Rooms with bath, \$1.50 per day. Rooms without bath, \$1.00 per day.

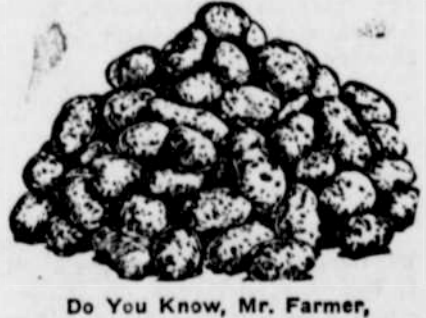
All Outside Rooms—Fireproof Construction Special Rates for permanent guests. Ross Finnegan, Mgr. Victor Brandt, Prop.

TWO CARLOADS OF IVER JOHNSON BICYCLES To be closed out at Actual Cost. We are going out of the Bicycle Business and will sell at Retail all our High Grade Iver Johnson Bicycles at the following prices: Ladies' Roadster Model 1487-L, complete with Coaster Brake, Mudguards and Tires, Regular \$35 Wheels, at \$25.00. Mens' Roadster, Model 1487, equipped as above, regular \$35, at \$25.00. Heavy Service Wheel, Model 1488-S, fully equipped, The Finest Wheel in America, regular \$50. Special, \$40.00. This will be your only opportunity to get the Highest Grade Bicycles manufactured at actual cost. All wheels fully guaranteed. H. T. HUDSON ARMS CO. 110 Third St., Portland, Ore.

Cretinism Made Curable. Study of the functions of the thyroid gland in animals has shown how this class of Idiots can be cured. Formerly they were hopeless and remained through life semi-idiots. Now extract of sheep's thyroid is given to them and the perverted growth and mental dullness are checked and the children become normal.

Following the Doctor's Orders. When an Atchison man was told to take more exercise he commenced rolling twice as many cigarettes.—Atchison Globe.

A POTATO ROMANCE "If I were a farmer boy, or a boy without capital, and wanted to early competency, I'd start right out growing Potatoes," said Henry Schroeder, the Potato king of the Red River Valley, whose story in the John A. Salzer Seed Co.'s Catalogue reads stranger than a romance. That advice of Mr. Schroeder's, the self-made Potato king, comes from a warm heart, a level head, an active hand, and above all, a successful Potato grower!



Do You Know, Mr. Farmer,

there is more money in five acres of Potatoes year in and year out than in anything you can grow on your farm, and the growing of Potatoes now, with present machinery, etc., is easy. It's regular Fourth of July fun!

Salzer's Creations in Seed Corn put Wisconsin on the Corn Map with its astonishing yields!

Headquarters for Oats, Barley, Clovers.

For 10c in Postage We gladly mail our Catalog and sample package of Ten Famous Farm Seeds, including Speltz, "The Cereal Wonder"; Rejuvenated White Bonanza Oats, "The Prize Winner"; Billion Dollar Grass; Teosinte, the Silo Filler, etc., etc.

Or Send 12c And we will mail you our Big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to John A. Salzer Seed Co., Box 720, La Crosse, Wis., twenty cents and receive both big catalogs and their above catalog.

P. N. U. No. 14, 1915

WHEN writing to advertisers, please mention this paper.

PROCESS OF STEWING
REGULATION OF HEAT IS THE MAIN CONSIDERATION.

On That Account It is Best to Use Gas, When Possible—Glazed Earthenware Jar Should Be Receptacle Employed.

Stewing is a method of food preparation that approaches the soup-making process. It is to some extent a proceeding that occupies a middle position between boiling and baking; the latter is often called roasting. In stewing, the cook's endeavor should be to extract from the meat its nutritive juices, and then to employ those juices, suitably treated, to finish cooking the remainder of the meat. For successful stewing, the most important point is the power of regulating the heat at which the operation is conducted. In order to stew successfully the heat must be absolutely under the cook's control. The up-to-date cook, therefore, prefers gas for stewing purposes on account of the perfect control that can be exercised over the temperature.

For successful stewing, meat should be divided into small portions for the easy extraction of the juices. Where bones exist, these should be broken into small pieces, and form an under layer in the stewing vessel. The meat and bones ought always to be placed in cold water and the water should cover everything in the pan or jar. The lid or cover should be carefully secured, and the temperature must be gradually raised to a steady heat, which must, of course, be below boiling. The extraction of the meat juices then proceeds, and when vegetables are to be added to the stew they are placed in the vessel at a later stage. Boiling and stewing are by no means the same process. The proper temperature for stewing is about 180 degrees Fahr. As almost everybody knows, the boiling point is 212 Fahr. A glazed earthenware jar with a tight-fitting cover is most useful for stewing meat, or for making soups. If it has no cover, one should be constructed by fitting a plate or saucer on top of the jar and brown paper should then be tied over it. A jar with a cover saves this trouble, and is, therefore, worth the extra expense. Earthenware or stone jars are very easily kept clean, and food does not spoil when left in them, as it may do if left in a metal pan. They can be placed on the top of the stove or in the oven when it is necessary to reheat the food contained in them, or if placed in a pan of boiling water the contents of the jar will cook slowly without attention from the cook. A meat stew can be served in the jar in which it has been cooked, if it is neither too large nor too high. It must of course, be wiped dry and a napkin may be neatly folded around it. By this process the great advantage of a very hot dinner may be obtained in the coldest weather, even when the whole family does not reach the home at exactly the same hour, as a stone or earthenware jar, having been thoroughly heated, will retain the heat for some time.—American Cookery.

Hot-Water Chocolate Cake. Two tablespoonsful butter, one cupful sugar, yolk of one egg, two tablespoonsful cocoa dissolved in one-half cupful boiling water, one teaspoonful of soda dissolved in one-half cupful boiling water, one teaspoonful of baking powder, sifted with one and one-half cupfuls of flour and one teaspoonful of vanilla. Mix in order given and bake in square tin about thirty minutes. Frost with white of egg beaten stiff. Boil one cupful sugar in little water till it hairs, then turn on egg and beat till stiff.

When Steak is Tough. To make a tough steak tender, put three tablespoonsful of salad oil and one tablespoonful vinegar on a large flat dish. Lay the steak on the mixture and let it rest in this way for half an hour, then turn it over, and let it rest another half hour in the same quantity of vinegar and oil. The toughest steak will yield to this treatment and be nice and tender when served.

Beef Pot Roast. Take one pound of beef, a cheap cut is just as good if it is free from veins. Cut in pieces about an inch square. Put in all the fat, too. Put in a bean pot, just cover with water and put in the oven. As water boils away add a little more. When about half done add a little salt. When ready to serve take from oven and put it in the spider. Thicken with a little flour mixed with water. The gravy is a rich brown.

Creamed Sardines. Remove skin and bones from two boxes of sardines, then add four finely chopped hard-boiled eggs, five tablespoonsful of bread crumbs, two tablespoonsful of melted butter, one and one-fourth cupfuls of milk, one-half saltspoonful of salt, big dash of red pepper. Heat this mixture to a boiling point, then pour it over four slices of buttered toast.

Fried Cabbage. Shave very thin enough cabbage to fill a quart measure. Put in granite steppan, sprinkle with salt and pour on two cupfuls boiling water. Cook rapidly until water has evaporated. Then add two tablespoonsful milk, one of butter, a dash of pepper and fry brown.

Raw Carrots. Take nice, fresh, crisp carrots, scrape and put through a food chopper, using the coarse knife. To each pint of carrots add two tablespoonsful melted butter, one teaspoonful sugar and salt to taste. Serve on lettuce leaves.

When Washing Overalls. All the paint marks can be removed from overalls by letting them soak for a day in turpentine.

BREAD DRESSING FOR STEAK
Many Prefer Meat Prepared in a Casserole to That Broiled in the Regular Way.

If you wish to stuff a flank steak use bread dressing; use it with vegetables and a small quantity of liquid in a casserole. If you do not own one (and you should in these times of high prices) use any tightly covered dish. Be sure it is tight so the steam cannot escape.

Bread Stuffing.—Two cupfuls soft bread crumbs, one-half cupful butter melted in one-third cupful hot water or milk, one-quarter teaspoonful powdered sweet herbs or spiced poultry seasoning, one beaten egg. Mix the ingredients together thoroughly. The bread should be 24 hours old and taken from the center of the loaf. The seasoning is a matter of individual taste, so you can use the above quantities or suit your taste. The egg may be omitted if the flank is to be eaten hot, but will slice better when cold if egg is used. Cracker crumbs give a drier stuffing.

Spread your flank steak with above and roll tightly. Fry out some suet and then brown the flank so as to hold the juices. Put in casserole, add little water and when half done season with salt and pepper, chopped onions and plenty of fine minced vegetables or rice, whichever you may prefer. The flank is quite juicy, so you will need but little water. It lacks flavor, so the high spices and vegetables make up what the flank lacks. It is much better this way than broiled as regular steak.

DO YOU KNOW THAT—

Pickles will never become moldy if you put a tiny bag of mustard in the top of the receptacle in which they are kept?

If your silk dress looks rusty you can revive it by sponging it with water in which potatoes have been boiled?

Mice can be most successfully exterminated if you stuff all their holes with a piece of rag which has been dipped in water and then in cayenne pepper?

A very quick way to cool a hot liquid is to pass it through a clean cloth saturated with cold water? And if the liquor is soup no trace of grease will remain?

If you lay your silver away in common flour it will remain bright for some time?

You can warm over meat much more quickly if you wrap it in greased paper? The steam will prevent the meat from becoming hard and dry?

Perpiration stains can be removed from a thin shirtwaist by soaking it in cold water, to which you have added a little sodium bicarbonate before it has been washed?

There is a new square meshed veiling that is much liked?

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Beefsteak Pie (English). Cut two pounds of round steak into strips, roll in flour and arrange in a deep dish with three lamb's kidneys, which have been cut up and parboiled, one dozen oysters, one onion minced fine, parsley, dried thyme. Dot generously with bits of butter, and add two cupfuls hot water. Cover with a biscuit crust arranged in strips. Brush with yolk of egg and bake two hours in a moderate oven.

Wine Jelly. Take a half box of gelatin, soaked in a half pint of cold water for 15 minutes, and add three gills of boiling water and two-thirds of a cupful of sugar. Let this come to the boiling point, then add seven tablespoonsful of best sherry wine and two teaspoonfuls of French brandy. Boil up once, strain and cool.

Cape May Omelet. Soak one-half cupful stale bread crumbs in milk. Beat one egg well, add salt, pepper and a tablespoonful melted butter. Add one-half cupful canned corn and mix with the bread crumbs. The mixture should be quite thick. Bake in a buttered dish just long enough to set the egg and brown the top.

Rendering Leaf Lard. A quick way to render leaf lard is to cut it in strips about the size that will fit into a meat grinder, using the largest opening, which will allow it to come through very fine. Put in kettle and place in a hot oven until the lard is extracted, strain through cheesecloth and put in crocks.

TO FRIGHTEN DEVILS
Example of Superstition in Eighteenth Century.

When the Science of Medicine Was Emerging From a State of Ignorance Doctors Had to Adjust Selves to Circumstances.

The idea that a horse chestnut in your pocket will cure rheumatism or that the wearing of a red string on the finger will stop nose bleed, and many other foolish beliefs which still persist are part of our heritage from the days when what is now the science of medicine was only a curious mass of superstition.

For centuries mankind had little or no accurate knowledge of the nature of disease and its causes. Among all races, at some time or other, the be-



Costume of a French Physician in the Early Eighteenth Century—A Curious Combination of Foolish Superstition and Scientific Truth.

lief prevailed that illness was the result of evil spirits and that a cure could be effected by frightening them away.

A good example of the long struggle which science had to make to overthrow suspicion is shown in the curious costume worn by French physicians in the early eighteenth century when treating sufferers from the plague.

The garb represents sound scientific knowledge in the protection it gives the body against infection, and is quite similar in this respect to that worn by physicians in plague-stricken districts today. But the big, staring glass eyes and the huge artificial nose, which served no useful purpose, were survivals of the idea that disease was caused by evil spirits which could be frightened away if the physician's appearance was sufficiently terrifying.—New York American.

Made Queer Mistake. A Pittsburgher who passed through Washington on his way to New York is wondering what kind of specimens of humanity blow into the national capital. He says he had taken a Pennsylvania avenue car going up town from the station, and he sat next to a mild-looking old gentleman who seemed to be wrestling with some secret sorrow. When the car turned the corner of Fifteenth street the shake-up brought the old fellow out of his reverie and he looked up to see the monument towering over the adjacent vicinity. "Pardon me," he said to the Pittsburgher, "may I ask what that lofty structure over there is?" "That's the monument," said the Steel City man, who spoke of it as Washingtonians do. "What monument?" Inquired the old gentleman. "The monument to Washington, of course." "The old gentleman gazed at it abstractedly until it was hid from view. "That's the first time I ever heard of a town erecting a monument to itself," he said slowly and to nobody in particular.

Dignity. War at last became very costly, so costly that the plain people who paid the bills were about to take upon themselves the responsibility of abolishing it. But the politicians and others came forward with an expedient. "Let us," suggested these, "sell the moving picture rights."

"Wouldn't that be in derogation of the nation's dignity?" asked the plain people dubiously. "Not at all. You don't quite understand about the nation's dignity. The nation's dignity is all right where you want to start something, but where it stands in the way of its own vindication it becomes very absurd," the politicians and others made haste to explain.

Endless Anticipation. "It is well that the pleasures of anticipation mean much to us," remarked the Plunkville philosopher. "For instance?" "Now I love grand opera and whenever I see a grand opera company billed for Plunkville I anticipate its arrival with keen delight." "Well?" "But before the date scheduled the company usually busts."

Between Women. "What do you think of men wearing feathers in their hats?" "Dad sign," declared the other lady. "The feathers are small now, I know, but they may increase in size, and few ladies can afford to buy ostrich plumes for two."—Pittsburgh Post.

LINES IN THE FACE
Make Women Look Old
and they show the effect of unnatural sufferings—of headaches, backaches, dizziness, hot flashes, pains in lower limbs, pains in groins, bearing-down sensations.
These symptoms indicate that Nature needs help. Overwork, wrong dressing, lack of exercise, and other causes have been too much for nature—and outside aid must be called upon to restore health and strength.

Dr. Pierce's Favorite Prescription
The Vegetable Remedy for Woman's Ills that relieves nervous exhaustion and irritability and removes other distressing symptoms due to disturbed conditions of the delicate feminine organism.
For over forty years it has been used with more than satisfaction by the young, middle-aged and the elderly—by wives, mothers and daughters. You will find it of great benefit. Sold by Medicine Dealers in liquid or tablet form, or send Dr. V. M. Pierce, Buffalo, N. Y., 50 one-cent stamps for trial box by mail.
DR. PIERCE'S PLEASANT PELLETS Relieve constipation, regulate the liver, and bowels. Easy to take as candy.

INFLUENZA Catarrhal Fever, Pink Eye, Shipping Fever, Epizootic
And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using Spohn's Distemper and Cough Cure 2 to 3 doses often cure; one bottle guaranteed to cure one case. Safe for broodmares, baby colts, stallions, all ages and conditions. Most skillful, scientific compound. 50c and \$1 per bottle; \$5 and \$10 a dozen. Any druggist, or delivered by mail.
SPOHN MEDICAL CO., Goshen, Ind.

Wanted a Sample.
"Your honor," said the foreman of the jury, "this body is suing this gent for \$10,000 for a stolen kiss." "Correct," responded the judge. "You are to decide if it was worth it." "That's the point, your honor. Could the jury have a sample?"
HOWARD E. BURTON—Assayer and Chemist, Leadville, Colorado. Specimens prices: Gold, silver, lead, tin, nickel, zinc, iron, steel, copper or brass. Mailings envelopes and full price list sent on application. Control and Empire work so fitted. Reference: Carthage National Bank.

Well, Sometimes.
Marriage makes one out of two; but generally this comes through the squeaking of the husband.—New York World.

TRY THIS EASY WAY TO HEAL YOUR SKIN
If you are suffering from eczema, ringworm or similar itching, red, unsightly skin affection, bathe the sore places with resolin soap and hot water, then gently apply a little resolin ointment. You will be astonished how instantly the itching stops and healing begins. In most cases the sick skin quickly becomes clear and healthy again, at very little cost. Resolin ointment and resolin soap also clear away pimples, blackheads, and dandruff. Sold by all druggists. Adv.

Willow Muscovy Duck.
The muscovy duck is found wild in South America.

Rheumatism Muscle Colds
"It is easy to use and quick to respond. No work. Just apply. It penetrates without rubbing."
Read What Others Say:
"Have used your Liniment very successfully in a case of rheumatism, and always have a bottle on hand in case of a cold or sore throat. I wish to say I think it one of the best of household remedies. I would not have used it only it was recommended to me by a friend of mine who, I wish to say, is one of the best boosters for your Liniment I ever saw."—J. W. Fuller, Denver, Col.
"Just a line in praise of Sloan's Liniment. I have been ill nearly fourteen weeks with rheumatism, have been treated by doctors who did their best. I had not slept for the terrible pain for several nights, when my wife got me a small bottle of the Liniment and three applications gave me relief so that I could sleep."—Joseph Tashline, 615 Commerce Street, McKeesport, Pa.

SLOAN'S LINIMENT
Good for Neuralgia, Sciatica, Sprains and Bruises.
All Dealers 25c.
Send four cents in stamps for a free TRIAL BOTTLE.
DR. EARL S. SLOAN, Inc. Dept. B Philadelphia, Pa.

Had No Chance. "Honesty pays in the long run," counseled the visitor. "Perhaps you're right," admitted the man in the stripes "but a cop got me before I'd gone 100 yards."—Baltimore American.

Two Advantages. He who makes two blades of wheat grow where one grew before, is not only a benefactor to the human race, but stands a first-class chance to make money in the transaction.

All Blood Disorders Quickly Driven Away
Astonishing Results With the Greatest Blood Purifier Ever Discovered.

Strength, Power, Accomplishment are all Typified in S. S. S.
Some blood disorders become deeply rooted in the glands and tissues, and the mistake is made of resorting to drastic drugs. These only aggravate by causing other and worse troubles. A host of people know this to be true. They know from painful experience. To get right down into where the blood is vitiated requires S. S. S., the greatest blood purifier ever discovered. This remarkable remedy contains one ingredient, the active purpose of which is to stimulate the tissues to the healthy selection of its own essential nutriment and the medicinal elements of this matchless blood purifier are just as essential to well balanced health as the nutritious elements of the meats, grains, fats and sugars of our daily food. Not only this, but if from the presence of some disturbing poison there is a local or general interference of nutrition to cause boils, carbuncles, abscesses and kindred troubles, S. S. S. so directs the local cells that this poison is rejected and eliminated from their presence. Then, too, S. S. S. has such specific stimulation on these local cells as to preserve their mutual welfare and a proper relative assistance to each other. In a very brief time S. S. S. has the reconstructive process so under control that remarkable changes are observed. All eruptive places heal, mysterious pains and aches have disappeared, and from head to foot there is a conscious sensation of renewed health. From the fact that S. S. S. is purely a botanical preparation, it is accepted by the weakest stomach and has great tonic influence. Not one drop of drugs or minerals is used in its preparation. Ask for S. S. S. and insist upon having it. And if you desire skillful advice upon any matter concerning the blood and skin write to The Swift Specific Co., 205 Swift Bldg., Atlanta, Ga. Do not allow some sealous clerk to larrup the atmosphere in eloquence over something "just as good" as S. S. S. Beware of all counterfeits.