

## The KITCHEN CUPBOARD

### BEEF FOR INVALIDS.

**M**EAT for beef tea should be of good flavor, lean and juicy. It is a mistake to think that any beef will do for this purpose. All skin, fat and membrane should be taken off. In choosing meat for tea remember that the top of the round and the back and the middle of the rump have the best flavor and will yield double the quantity of juice that other parts do.

#### When in a Hurry.

Broiling is the quickest way of preparing beef essence or tea in an emergency. The tea is made by adding water to the essence.

Broiled Beef Essence.—Broil a half pound of round steak until the juice will flow. Cut it into small pieces and squeeze the juice into a bowl placed over warm water.

Meat Juice.—Shred half a pound of raw beefsteak and free it from fat and skin. Pour on it a half pint of cold water. Stir well. Add a pinch of salt and let it stand for half an hour in a warm place. Stir again, then strain the liquor through muslin. Press it well to extract all the juice.

This may be drunk cold or before using the cup containing it may be warmed in a saucepan of hot water.

It may also be mixed with a little cream or a beaten egg.

#### Savory Broth.

Beef Broth.—Take one pound of lean beef, one pint of water, pepper and salt to taste. Cut the beef into pieces, remove fat and skin, put it into a saucepan with the cold water and let it simmer for two or three hours. Season and strain.

#### How to Make Tea.

Beef Tea.—Take steak from the top part of the round. Remove fat and divide the meat into small pieces, cutting across the grain. Put the meat in a dry saucepan and allow it to stand for five minutes over a slow fire. Stir occasionally to prevent sticking. After cooking for five minutes you will find the meat white in color and with a very rich gravy. Pour over the meat its weight in cold water, allowing a pint of water for a pound of beef. Stir until the water boils. It must not boil again, but simmer gently for five or ten minutes. Strain into a bowl. If there is any fat remove with a piece of unsized brown paper.

*Anna Thompson.*

## The KITCHEN CUPBOARD

### HOW TO USE BARBERRIES.

**B**ARBERRIES are nice and may be made into many delicious things for the fall and winter table. Barberries grow wild in many places, and where they are available they should be utilized. Barberrry jelly is delicious.

The fruit is so tart as to be admirably adapted for this purpose. Malic and citric acids are chief constituents, and these make the fruit an excellent antiscorbutic.

The sirup provides a cooling drink for fever patients. Taken in large quantities, the fruit is cathartic. In small quantities it is laxative.

#### How to Keep Them.

Barberrries may be dried for winter like ordinary berries.

Make the jelly like any other jelly.

Preserved Fresh Barberrries.—The bunches of barberrries may be preserved without cooking if they are placed in air tight jars, covered with molasses and then sealed.

#### Jam and Marmalade.

Barberrry Jam.—For each quart of the stemmed and cleaned barberrries allow a quarter pound of sugar. The berries should be mashed, placed in a double boiler, mixed with the sugar and allowed to boil. When the scum rises it should be removed, the berries being allowed to cook for at least an hour. Then the jam may be put into jars and sealed.

Barberrry Marmalade.—Allow a pound of sugar to every pound of the barberrries. The fruit before it is weighed should be washed, stemmed and passed through a sieve. After adding the sugar it should be allowed to cook slowly for a half or three-quarters of an hour. It must be stirred often to prevent its burning. Place in air tight jars for winter use.

#### Wholesome and Delicious.

Preserved Barberrries.—Stem the barberrries and wash them. Then place in a double boiler until heated through. Weigh and add sugar of equal weight. Replace on the fire and let them cook for twenty minutes longer. No water should be used. When the juice begins to jelly it is done and may be taken from the fire, put into jars and sealed for future use.

Barberrry Sirup.—Make a sirup of a pint of water boiled with a pint of sugar. First cook the barberrries until they are clear and soft, then cook them with the sirup. Mash the berries when they are tender enough, strain and return to the fire to cook again. Then put up in sealed bottles. This sirup may be used in flavoring puddings or custards or in making ices. Raisin, apple or pear tarts are nice flavored with this sirup.

*Anna Thompson.*

### HEALTH HINT FOR TODAY.

**Inflammation of the Skin.** Medically, "red hands" are a form of erythema, or local inflammation of the skin. Now, there are a great many kinds of erythema, due to a large number of causes, from some infectious disease like scarlet fever to mere prolonged exposure to cold or heat.

The question arises, What can be done to prevent the first stage of erythema—namely, the increased blood supply to a part—or hyperaemia, and what to prevent the first stage from developing into subsequent ones? This question is more easily asked than answered, but still it is not unanswerable.

In the first place, those who have a sensitive skin must protect it as much as lies in their power. They must keep from it every irritation—say, washing with either hot or cold water. The water should always be tepid. Particular attention must be paid to the soap used, that with an excess of alkali being particularly injurious.

As for further treatment, when once the hands have begun to show signs of more or less permanent redness they should be rubbed dry in an upward direction and afterward smeared with some animal fat, as cod liver oil or lanolin, several times a day. They should frequently be held high and joined above the head so as to facilitate the escape of blood. At the same time it is advisable to go in for suitable exercises, walking, gymnastics, cycling, golfing, etc., which can only help to improve the general circulation.

### HEALTH HINT FOR TODAY.

#### Acid in Rheumatism.

It is said tomatoes augment if they do not cause rheumatism. The acid in them, while it adds to the flavor of the vegetable, is very injurious to gout, and many think it is better not to eat them. Rheumatism is beyond doubt an acid disease, and any acid, save citric, as found in the lemon and orange, may give rise to it. Strawberries and peaches are familiar examples of the acid giving rise to this disease. Meat, too, acts as a generator of lithic or uric acid, as every one knows. Do not eat tomatoes if troubled with gout or rheumatism.

### HEALTH HINT FOR TODAY.

#### Treatment of Catarrh.

Sometimes catarrh is the result of a wrong diet or injudicious mode of life. Persons in the habit of indulging freely in alcohol are more or less subject to a chronic state of inflammation of the throat and back of the nose, which often extends down to the larynx, causing huskiness of the voice. In these circumstances abstention from intoxicants and exercise in the open air are soon followed by a marked improvement. Others of a more or less gouty disposition find relief in diminishing the amount of animal food they eat, at the same time taking regularly every morning a dose of aperient water.

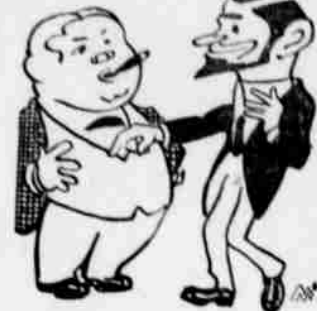
Anaemic young persons whose diet is not rich enough in fats are often troubled with chronic catarrh. Here the best treatment is a prolonged course of cod liver oil, preferably with iron. A suitable combination is to take the oil in the form of emulsion, with the addition of citrate of iron and ammonium, five or ten grains to the ounce. Then there are the old and delicate persons, to whom nothing does so much good as a change of residence to some more suitable climate. But in nearly every case local treatment of the nostrils and back of the throat by douching, spraying or gargling is capable of doing some good.

### HEALTH HINT FOR TODAY.

#### Oxygen Bath.

For the general state of the nervous system this remedy has proved so valuable as the oxygen bath. The oxygen is much more effective if gradually produced in the bath at the time of administration than when charged by oxygen from a cylinder. By mixing in the bath sodium perborate and manganese borate from thirty five to forty parts of oxygen are steadily evolved during fifteen to twenty minutes. It can be added to any mineral water, but is most effective when given with radio-active water, the oxygen and radium emanations mutually increasing each other's activity. The effect is soothing and tonic and aids the elimination of waste products.

### Had It to Learn.



"Who picks out his neckties for him?"  
"His wife does."  
"Why does he let her?"  
"So it appears you are not married."

### Even Britons Admit It.



Captain (to umpire, who has received a severe blow)—Jove, it's a nasty smack! But cheer up; it's all part of the game.  
Heroic Umpire—Yes, sir, and the cricket was getting a bit slow, wasn't it?—Punch.

### Her Grief Stricken Household.



"Mrs. Brainless has recalled her invitations to her dinner party."  
"Why?"  
"Her poor little doggie is quite seriously ill."

### Changed Them Around.



### Her Only Requirement.



"I want a bathing costume. I don't mind what color, but please (shudder) let it be a warm one."—Punch.

### Harmonious.



"But why did you buy a blue dress? You know it doesn't match your complexion."  
"I know it."  
"I thought you were a great believer in the laws of harmony."  
"I am; and you should see how beautifully it matches my husband's feelings when he gets the bill."

**Studebaker**

*"When I invest in a wagon I buy a Studebaker, then it's a safe investment"*

Of course it is! Studebaker wagons are built on honor, with sixty years of wagon-building experience—and with every wagon goes a Studebaker guarantee.

You can't afford to have a dealer sell you some other wagon represented to be "just as good."

If you want a wagon that will last, run easily and stand up to its work, there is only one wagon to buy—and that's a Studebaker.

Don't trade ten extra years of service for a few dollars difference in price.

Studebaker wagons are made to fit every requirement of business or pleasure, in city, town or country.

Farm Wagons	Business Wagons	Trucks
Surreys	Truggies	Runabouts
Pony Carriages	Dump Carts	Horseless

Each the best of its kind.

See our Dealer or write us.

**STUDEBAKER** South Bend, Ind.

NEW YORK CHICAGO DALLAS KANSAS CITY DENVER  
MINNEAPOLIS SALT LAKE CITY SAN FRANCISCO PORTLAND, ORE.

**D. P. Adamson & Co.,**  
Druggists

For Drugs, Patent Medicines, Chemicals  
Lowney's Candies, Ice Cream Soda, Stationery and Prescriptions see

**D. P. Adamson & Co.**

**DeLAVAL**

**Cream Separators**

Sold on Easy Terms

**Pioneer Cream Co.**  
Prineville, Oregon

**NIGHT TRAIN SERVICE DAILY**  
Through Between

**Cent'l Oregon and Portland**  
Beginning Sunday, June 22d, 1913

**OREGON TRUNK RY.**  
CENTRAL OREGON LINE

Tourist Sleeping Cars and First-Class Coaches

This service is in lieu of the day trains run heretofore. The train will leave Bend at 8:30 p. m.; Deschutes, 8:48 p. m.; Redmond, 9:10 p. m.; Terrebonne, 9:24 p. m.; Culver, 10:02 p. m.; Metolius 10:20 p. m.; Madras 10:30 p. m.; Mecca, 11:08 p. m.; Maupin, 12:40 a. m.; Sherar, 1:08 a. m., arrive Portland 8:10 a. m.

Leave Portland 7:00 p. m., arrive Sherar 3:03 a. m.; Maupin, 3:26 a. m.; Mecca, 5:18 a. m.; Madras, 6:00 a. m.; Metolius, 6:13 a. m.; Culver, 6:28 a. m.; Terrebonne, 7:08 a. m.; Redmond, 7:23 a. m.; Deschutes, 7:43 a. m.; Bend, 8:00 a. m.

Connections are made in Portland to and from Willamette Valley and Puget Sound points.

Fares and schedules and details will be furnished on application or by letter.

W. C. WILKES, R. H. CROZIER,  
Asst. Gen. F. & P. Agent. Asst. Gen. Pass. Agent.

H. BAUKOL, Agent, Redmond, Ore. 6-19 tf

**"RECEPTION"**

Champ Smith, Propr

Imported and Domestic  
**Cigars**

Famous Whiskies  
Old Crow; Hermitage; Red Top Rye; Yellow Stone; Canadian Club; Cream Rye; James E. Pepper; Moore's Malt.

Porter, Ale and Olympia  
Draft Beer on Tap.

Imported Wines and  
Liquors.

**The Brosius Bar**

Finest Brands of Wines,  
Liquors and Cigars.

**LAGER BEER ON DRAUGHT**

F. E. BROSIUS, Proprietor

Unless we make good, as we can and should, we ought to go back to the woods; for the fellow who stays in these modern days, is the man who delivers the goods.

We are here and are delivering the goods, and if you wish to be shown come in—we are ready to show you that we do good work. Portraits, Copying and Enlarging, Also Amateur Finishing.

**Lafler's Studio**  
We strive to please

**Fruit Trees**

Central Oregon Grown

The only kind you can afford to plant. ILLUSTRATED CATALOGUE FREE. Write for one. Prices low enough to surprise you.

**Lafollette Nursery Co.**  
Prineville, - 66 - Oregon

**The Oregon Bar**  
At the Old Stand

G. W. Wiley & Co., Prps

All kinds of Choice Liquors  
Wines and Cigars.

**Famous Ranier Beer in  
Bottles and on Draft.**

**Call for Warrants.**

Notice is hereby given that all registered general fund warrants, all scalp bounty warrants and all high school warrants will be paid on presentation at my office. Interest stops May 29, 1913.

R. L. JORDAN,  
County treasurer, Crook county, Ore.

**Wood for Sale.**  
Wood for sale at \$4.75 and \$5 a cord at the yard; 50c extra per cord delivered. P. L. & W. Co. 1-16