

# The KITCHEN CUPBOARD

## PIG'S FEET.

**I**N the fall, when pork is at its best, then is the time to secure tender young pig's feet.

There are several ways of serving them. Recipes for some of the most popular methods are given here:

### An Inexpensive Food.

**Pickled Pig's Feet.**—The pig's feet should be allowed to stand in cold water for about twelve hours or over night. Then the toes should be taken off and the feet well scraped. Place on the fire and boil them till they are tender, salting the water just before they are done. Then they should be placed in a large jar or crock and covered with hot vinegar which has been spiced with whole cloves, pepper and allspice. They may be served without further cooking or may be cut in two, rolled in flour and fried in hot fat until brown.

### A Novel Relish.

**Pig's Feet Salad.**—The pig's feet should be cooked in salted water and cleaned the day before they are needed. When boiled until tender drop them in vinegar. Next day pick out the meat, shred it finely and chop, using the bits of jelly sticking to it. Chop the white and tender stalks of celery to make a large teaspoonful and mix this with the meat. Chopped white cabbage or cold boiled potatoes may be used instead of the celery if you prefer. Use a French dressing on the salad.

### Pork and Beans.

**Pig's Feet With Beans.**—Take two nice pig's feet, cook for an hour and scrape and clean well. Put the feet into a covered vessel and stew gently for two hours. Just covered with water and seasoned with pepper and salt. Add a quart of hot parboiled beans and see that all are well covered by adding more water and put back into the oven. Let the contents of the vessel cook very slowly for three hours and serve hot.

### Halved and Broiled.

**Grilled Pig's Feet.**—Scrape the pig's feet and wash them. Then soak in cold water two hours and wash and scrape again. Split each in half lengthwise. Tie the halves in pieces of cheese cloth. Place in a deep saucer, cover with boiling water, add one tablespoonful of salt and simmer slowly until the feet are tender. Take them from the liquor and set aside until cold. Remove the cloths. Into two tablespoonfuls of thick cream stir well one tablespoonful of lemon juice, one-half teaspoonful of salt, one-half teaspoonful of finely chopped parsley and a dash of tabasco sauce. Having removed the cloths from the pig's feet brush each piece with good olive oil and dust lightly with salt and pepper, using one-half teaspoonful of salt and one-half teaspoonful of pepper for all the pieces. Broil over a clear fire for several minutes. Serve on a hot platter and spread the prepared butter.

*Anna Thompson.*

# The KITCHEN CUPBOARD

## FRIED MUSH.

**S**ERVED for breakfast with chops, fried mush is a tempting dish.

The mush may be made with cornmeal or graham flour.

**Mush for frying** should be prepared just as for ordinary serving, but it should be poured into a deep oblong dish to cool. When it is to be used it should be turned out of the dish and sliced for frying.

### Breakfast Appetizers.

**Fried Mush.**—Slice well cooked mush about one-quarter of an inch thick. Cut in squares or oblongs. Drop in smoking hot fat as you would French fried potatoes. When a delicate brown lay on a paper a few minutes.

**Mush Croquettes.**—For this use cornmeal mush. Take about a pint of the hot mush and stir into a tablespoonful of butter and let it cool until lukewarm. Then add two well beaten eggs and a tablespoonful of salt. Shape into croquettes about three inches long and fry in hot fat until golden brown.

### Novel and Nutritious.

**Fried Graham Mush.**—The day before you wish to serve the mush mix a cupful of graham flour and a level teaspoonful of salt. Make this into a paste with two pints of cold water. Stir this, a little at a time, into a half pint of boiling water and cook for fifteen minutes, stirring it frequently. Then turn into a buttered tin or dish and set it aside. The next morning turn the mush out of the mould, cut in slices and place in a frying pan in which a teaspoonful of butter has been melted. Fry the mush till it is a light brown. This may be served with maple syrup.

### A Tempting Dish.

**Fried Mush and Bacon.**—Fry thin slices of breakfast bacon in a hot frying pan and then lift out and set aside where it will keep warm until the mush is ready. Cold cornmeal mush should then be sliced and dipped alternately in cracker or bread crumbs and beaten egg. Fry in the bacon grease and serve with the slices of bacon laid on top of each slice of mush.

*Anna Thompson.*

## HEALTH HINT FOR TODAY.

### Acid in the System.

The remedy for uric acid disorders is, first of all, the cutting off of all sources of supply; second, the adoption of measures whereby the acid in the system may be destroyed and its elimination encouraged.

Hot baths destroy the uric acid by increasing oxidation, thus burning up the poison. For this purpose baths must be hot enough to produce an elevation in the temperature of the blood and should be continued twenty to thirty minutes. Cold baths also increase oxidation and thus contribute to the destruction of uric acid. But cold baths are generally very badly borne by persons suffering from uric acid disorders and can only be tolerated when combined with hot baths, the hot bath being administered first to prepare the system to react promptly, quickly and completely after the cold application.

Exercise is another measure of the highest importance in dealing with uric acid disorders. The exercise must be large in amount, but very moderate in character. Violent exercises easily overtax the heart, which is likely to be weak in these conditions. The free use of fresh fruits, especially juicy fruits, is highly useful. The idea that the use of acid fruits is injurious in uric acid diseases is entirely erroneous. The effect of acid fruits differs entirely from that of mineral acids. The latter diminish the alkalinity of the blood, and thus they aggravate uric acid disorders, whereas fruit acids increase alkalinity. Copious water drinking is to be commended.

## HEALTH HINT FOR TODAY.

### Falling Hair.

The falling of the hair, with consequent thinness, lack of shine, etc., is due to a condition of local anaemia of the scalp. For this use a good quinine and cantharides hair tonic. Rub well into the roots of the hair each morning after giving the scalp a thorough massage with the finger tips till the skin glows. Wash the hair only once every three weeks, using a good shampoo mixture instead of soap. Let your hair have an airing once a day if possible by going out into the garden with it loose and letting the wind and sun play on it.

## HEALTH HINT FOR TODAY.

### Avoid All Stimulants.

Spring and summer drinks should not include stimulants, alcoholic or otherwise. Beer, wines, champagne and ale all increase the surface heat of the body and make heat less endurable and the body less able to withstand heat and fatigue. Lemonade, fruit punches and carbonated waters are the best drinks for hot weather. Tea and coffee should be fed. It is a mistake to think that impure water can be made drinkable by the addition of a little tea or coffee. This water can be made pure by boiling it for a short time. This kills bacteria, and the impurities settle to the bottom. These may be removed by pouring off the water and leaving the settings. Of course tea and coffee when boiled or made with boiling water are sterile also and therefore drinkable.

As to drinking iced water, if it is taken in moderate quantities and not on coming in from the hot sun it can do no harm. A great many think that it cools the stomach and prevents digestion. In reality experiment has shown that the stomach is at a higher temperature than the outside air and when cold water or food enters it within two minutes it is warmed to the temperature of the body, thus having little effect on digestion. However, it does have considerable effect in cooling the body and increasing perspiration.

## HEALTH HINT FOR TODAY.

### The White Plague.

Avoid badly ventilated, badly lighted, dusty, dirty, overheated, crowded or damp rooms.

Avoid breathing house dust. Have no carpets or matting. Use rugs and clean them frequently in the open air.

Drink pure water. Shun public drinking cups. When in doubt boil the water.

Take a tub or sponge bath daily. Use soap freely. Clean your teeth morning and evening. Don't eat raw food which has been exposed to flies or dust. Wash fruit and vegetables before eating.

Sleep eight hours with the bedroom windows open.

# The Russian Thistle Pest

It would seem safe to say that no weed is more harmful at the present time to the agriculture of the northwestern states than the Russian thistle. It harms the crop by crowding it in some instances to such an extent as to render it not worth harvesting. Its presence also adds greatly to the labor of harvesting, especially when the growth made has been strong. It also gives much trouble in summer-fallowed lands and cultivated crops by the strong and rapid growth which the plants make on these lands in the latter part of the growing season.

The farmer is in a sense defenseless against invasion from this plant. That is one of its worst features. It is almost impossible to fence against the thistle owing to the ease with which it is carried with the wind. A demonstration farm at Elgin, N. D., is surrounded with a woven wire fence five feet high. In the summer of 1912 a part of the land was summer-fallowed and kept quite clean. At this date (April 27, 1913) the young Russian thistles are abundant on this land and are from one to two inches high, growing from seed that was scattered during the winter. More than once during the winter the thistles were piled up outside of the fence until they with snow that drifted in, formed an inclined plane as high as the fence, over which the thistles that came later rolled with ease, scattering seeds as they went. In other instances the dried thistles would be caught up into the air by gusts of wind and carried right over the fence without touching it. The regretful feature is, that land which may be made clear by the farmer one season may be again re-seeded with thistles before any crop is planted on it. Until the farmers make common cause, therefore, against the weed, it will not be exterminated.

What then can be done? The best that can be done at present is to manage the newly sown grain so that the thistles may be prevented from doing it any serious harm. This can only be done by the judicious use of the harrow and weeder until the grain has reached the stage when it will overshadow any thistles that may germinate later. In dry seasons especially the thistles will be greatly harmful to the grain unless they are in some way checked.

The use of the harrow alone may suffice to do this, and the same is true of the weeder. But, usually, the two in combination will give better results than either alone. The procedure in many instances will be, in outline, as follows: First, the harrow should be run over the ground as soon as the grain begins to appear, giving the teeth a backward slant during the operation. This will stir the entire surface of the ground and destroy the thistles that are just starting. Second, when the grain is 2 or 3 inches high the weeder should be used instead of the harrow, to avoid burying the grain. Third, use the harrow again when the grain is 5 or 6 inches high. The idea is to prevent the thistles from getting a start until the grain overshadows them. In some instances the above procedure for various reasons must be modified.

The thistles can also be prevented from doing harm to alfalfa. On the Elgin demonstration farm the disc was run twice over the alfalfa crop on April 23. The second time it was driven across the rows. The discs cut fully 2½ inches deep and stirred the whole surface of the ground. The young thistles just starting, in myriads, were thus uprooted. On May 1 the crop was harrowed. Before the weeds come

on again the alfalfa plants, that were practically unharmed by the discing, will overshadow the next growth of thistles. After the first cutting of the alfalfa the crop may again be similarly treated. In this way the thistles may be prevented from doing any harm in alfalfa except during its first year. The harm done the first year may be minimized by sowing the crop late rather than early.

The time to fight Russian thistles is just when they are starting. If unmolested, in a short time the roots will have such a hold that the harrow, the weeder, the disc, or any other cultivator will not be able to dislodge them.

The editors and others who are advising farmers to encourage the growth of Russian thistles to provide food for live stock are making a serious mistake.

THOMAS SHAW.

In Eastchester, N. Y., is a tree trunk more than 200 years old which is said to have been used by officers of George Washington's army as a whipping post for refractory soldiers. Though this use may be deprecated by many persons, the tree has historical value, and the townspeople have taken great care to preserve the old trunk. No



WASHINGTON'S WHIPPING POST.

horse has ever been hitched to it, nor has any poster been displayed on it. The tree trunk is in a good state of preservation.

Not every town has or desires a Washington whipping post, but every town may profit by following the example of Eastchester and preserving old trees that ornament streets. Too many fine old trees are disfigured by advertising signs or gnawed by horses. A tree is too valuable for such uses.

### Summons.

In the county court of the state of Oregon for Crook county. Jack Brogan, plaintiff, vs. Phillip Brogan, defendant.

In the name of the state of Oregon, you are hereby required to appear and answer the complaint of plaintiff filed against you in the above entitled action within ten days from the date of the service of this summons upon you, if served within Crook county, state of Oregon, or, if served within any other county in this state, then within twenty days from the date of the service of this summons upon you, or, if served by publication thereof as provided by law, then on or before the

9th day of August, 1913,

and you are hereby notified that if you fail to so appear or answer, or want thereof the plaintiff will take judgment against you for the sum of \$19.12, with interest on \$186.00 thereof at the rate of six per cent per annum from the 31st day of May, 1913, and for the costs and disbursements of this action.

This summons is published in the Crook County Journal for six full weeks in seven consecutive and successive issues thereof, commencing with the issue of June 25th, 1913, by order of the Hon. G. Springer, judge of the above entitled court, made and entered on the 26th day of June, 1913.

Dated and published first time June 26th, 1913. M. E. BRINK, Attorney for plaintiff.

### Notice for Publication

(Department of the Interior) U. S. Land Office at The Dalles, Ore. May 19, 1913.

Notice is hereby given that John L. Walsh of Imperial, Oregon, who on April 13th, 1911, made homestead No. 08657, for sw4, section 28, and nw1, section 33, township 29, south, range 18 east Willamette meridian, has filed notice of intention to make final three-year proof to establish claim to the land above described, before A. S. Fogg, U. S. Commissioner, at his office at Hampton, Oregon, on the 14th day of July, 1913.

Claimant names as witnesses: Tobias Larsen, Martin Johnson and William Fraser, of Imperial, Oregon, and Joseph Steinkamp, of Bond, Ore. C. W. Moore, Register.

### Sheriff's Sale on Attachment Execution.

Whereas, on the 21st day of May, 1913, by consideration of the circuit court of the state of Oregon, for Crook county, the First National Bank of Bond, a corporation, recovered a judgment against D. V. Mackintosh for the sum of \$674.00 and interest thereon from the 21st day of May, 1913, at the rate of 10 per cent per annum and the sum of \$80.00 attorney's fees and \$17.00 costs and disbursements, in which judgment it was further ordered by the court that the property attached in said action be sold for the satisfaction of said judgment, in the manner provided by law, which judgment was enrolled and docketed in the clerk's office of said court on the 23rd day of May, 1913, commanding me to sell the following described real property to-wit:

The ne1/4 sec of section 30, township 17, S. R. 12 E. W. M., and the w1/4 of the sw1/4 section 29, township 17, S. R. 12 E. W. M., and the se1/4 of the se1/4 section 30, township 17, S. R. 12 E. W. M., all in Crook county, Oregon.

Notice is hereby given that I will, on Saturday, the 26th day of July, 1913, at the hour of 2 o'clock in the afternoon, at the front door of the court house, in Prineville, Oregon, sell to the highest bidder for cash, all the right, title and interest in the said D. V. Mackintosh had in and to the above described real property on the 21st day of May, 1913, to satisfy the judgment, costs and accruing costs. Said sale subject to redemption as provided by law.

First publication, June 26, 1913. FRANK ELKINS, Sheriff of Crook County, Oregon.

### Sheriff's Sale on Execution in Foreclosure.

By virtue of an execution and order of sale issued out of the circuit court for Crook county, state of Oregon, upon a judgment rendered in said court on the 6th day of May, 1913, in a suit wherein S. C. Caldwell was plaintiff and John W. Usher was defendant, in favor of the above named plaintiff and against the above named defendant, for the sum of \$395.85, with interest thereon from the 20th day of March, 1913, at the rate of 10 per cent per annum, and \$50.00 attorney's fees and the further sum of \$12.00 costs, which judgment was enrolled and docketed in the clerk's office of said court in said county on the 13th day of May, 1913, and commanding me to sell, in the manner provided by law, the following described real property, to-wit:

Lots 4-5, blk 1; lots 12-20, blk 2; lots 1-20, blk 3; lots 6-12, blk 4; lots 5-22, blk 5; lot 18, blk 6; lots 4-13, blk 7; lots 4-9, blk 8; lots 4-11, blk 9; lots 5-12, blk 10; lots 1-2, blk 11; lots 1-14, blk 12; lots 8-14, blk 13; lots 13-14, blk 14; lots 7-13, blk 15, of the town of Harper in Crook county, Oregon.

Notice is hereby given that I have levied upon and I will on Saturday, the 26th day of July, 1913, at 2 o'clock in the afternoon at the front door of the courthouse in Prineville, Oregon, sell to the highest bidder for cash, all the right, title and interest the defendant, John W. Usher, had in and to the above described real property on the 5th day of May, 1913, to satisfy said judgment, interest, costs and accruing costs. Said sale subject to redemption as provided by law.

Date of first publication June 26th, 1913. FRANK ELKINS, Sheriff of Crook county, Oregon.

### Notice for Publication

Department of the Interior, U. S. Land Office at The Dalles, Oregon. May 27, 1913.

Notice is hereby given that Walter T. Morris, of Post, Oregon, who on November 11, 1907, made homestead No. 15786, serial No. 04250, for sec. 33, township 17 south, range 21 east, Willamette meridian, has filed notice of intention to make final five-year proof to establish claim to the land above described, before L. M. Miller, U. S. commissioner, at his office, at Paulina, Oregon, on the 5th day of July, 1913.

Claimant names as witnesses: L. W. Bennett and John O. Morris, of Barnes, Oregon, and W. A. Carson and H. S. Morris, of Post, Oregon.

6-5 C. W. Moore, Register.

### Sheriff's Sale of Real Estate Under Execution in Foreclosure.

In the circuit court of the state of Oregon for the county of Crook.

J. W. Boone, plaintiff, vs. Uri S. Minkler, defendant.

By virtue of an execution issued out of the above entitled court on the 6th day of May, 1913, in favor of the above named plaintiff, J. W. Boone, and against the above named defendant, Uri S. Minkler, upon a judgment against the defendant for the sum of \$1709.85 with interest thereon from the 6th day of May, 1913, at the rate of 10 per cent per annum, and \$150 attorney's fees, and the further sum of \$25 costs, which judgment was enrolled and docketed in the clerk's office of said court on the 12th day of May, 1913, and whereas, it was further ordered and decreed by the court that Lots two and three and the east half of the southwest quarter of section eighteen, township fifteen south, range seventeen east of the Willamette Meridian in Crook county, state of Oregon, be sold in the manner prescribed by law, notice is hereby given that I have levied upon and I will, on the

Saturday, July 19, 1913,

at the north front door of the courthouse in Prineville, Oregon, at the hour of 2 o'clock in the afternoon of said day, sell all the right, title and interest in the said defendant, Uri S. Minkler, had in and to the above described real property to the highest bidder, to satisfy said judgment, interest, costs and accruing costs, subject to redemption according to law.

First publication June 19, 1913. FRANK ELKINS, Sheriff of Crook county, Oregon.

By W. E. Van Allen, deputy.

### Strayed

A chestnut sorrel mare branded S- on left hip. Leave word with Journal or Jas. Forrester. 6-5

## Professional Cards.

W. P. MYERS N. G. WALLACE

### MYERS & WALLACE

Lawyers

Kamstra Bld'g, Prineville, Ore.

Abstracts. Insurance.

### The J. H. Haner Abstract Co.

Incorporated

Prineville, Ore.

Farm Loans. Bonds.

### Prof. A. W. Grater,

Divine Healer

Office in Morris Building three doors south of Journal office. Prineville, Oregon

### D. H. PEOPLES

Civil and Irrigation Engineer Room 11 Adams Bid'g Prineville, Ore.

### Dr. Howard Gove

Dentist.

Crook County Bank Building

Prineville, Ore.

### J. K. Rosenberg

Physician and Surgeon Calls answered promptly day or night Office two doors south of Kamstra's Drug Store. Residence corner 1st and Main Streets.

Prineville, Oregon.

Chas. S. Edwards, M. D. Belknap

Physicians and Surgeons.

(County Physician.) Prineville, Oregon.

### Belknap & Edwards

Physicians and Surgeons.

(County Physician.) Prineville, Oregon.

### T. E. J. DUFFY

Attorney-at-Law

(Successor to W. A. Bell)

Prineville, Oregon.

### C. C. Brix

Attorney-at-Law

Real Estate

Cornett Building, Room 6 Prineville, Oregon.

### E. O. Hyde

Physician and Surgeon

Calls answered promptly day or night Office one block south of Adams' Drug Store. Both offices on telephone.

Prineville, Oregon.

### W. A. BELL

Lawyer

The Dalles, Oregon.

### M. R. Elliott,

Attorney-at-Law

Prineville, Oregon.

### Willard H. Wirtz

Attorney-at-Law

Office in M. R. Biggs' office. PRINEVILLE OREGON.

### M. E. Brink

Lawyer

X street, Prineville, Oregon.

### J. Fregelles Fox

M. R. C. S. Eng. and L. S. A. London; License Oregon State Medical Board.

Specialist in Surgery; Hygiene; Allimentary Canal; women and children's diseases, etc.

Office and residence Third street near Court House. Tel. Pioneer. Calls answered promptly, night or day. Charges moderate.

### Sheriff's Sale.

By virtue of an execution, decree and order of sale, issued out of the circuit court of the state of Oregon for the county of Crook, and bearing the seal of said court, to me directed and dated the 23rd day of May, 1913, upon a decree of foreclosure of a certain mortgage and judgment rendered, and entered in said court on the 5th day of May, 1913, in a case where Samuel H. Davis was plaintiff and Martha J. Hartwig and L. E. Hartwig were defendants; said decree and judgment being in favor of the plaintiff and against the defendants herein named as judgment debtors in the sum of six thousand (\$6,000.00) dollars, with interest thereon at the rate of seven per cent per annum from the 10th day of January, 1911, and three hundred (\$300.00) dollars attorney's fees, and the further sum of \$10.00 dollars costs incident to and accruing upon the service of the writ of execution, and commanding me to make sale of the real property embraced in said decree of foreclosure and hereinafter described, I will on

Saturday, the 28th Day of June, 1913,

at the hour of two o'clock in the afternoon of said day, from the north steps of the county court house at Prineville, Crook county, Oregon, sell at public auction to the highest bidder for cash in hand, all the right, title and interest which the defendants, Martha J. Hartwig and L. E. Hartwig, or either of them had on the 5th day of May, 1913, or any interest that all or either of said defendants may have acquired since that date, or now have, to the following described real property, to-wit:

The southwest quarter of section eight, in township fifteen, south of range eleven, east of Willamette meridian, in Crook county, Oregon.

Or so much of said property as will satisfy said decree and judgment with the costs and accruing costs, said sale to be made subject to confirmation and redemption as by law provided.

Dated at Prineville, Oregon, this the 24th day of May, 1913.

FRANK ELKINS, Sheriff of Crook County, Oregon.

By D. H. Peoples, Deputy. 5-29-13