

HERE is a deal of so called conomy that is senseless extravagance and defeats in itaclf the purpose of economy. Too many women in their effort to save everything throw away a large amount of material that could be expended or used in a much better way and in the end attain a result that is far from gratifying. There is more than the mere saving of 5 cents' worth of leftover food to be considered in the practice of economy, notably labor. the cost of fuel, time and the final renult of the whole

The desire to save half of a five cent loaf of bread, which causes men to use a quart of eight cent mlik and four eggs at 4 or 5 cents splece. half an hour's time and 10 cents' worth of fuel in order to produce a dish that no one likes and that the whole famity refuses to eat. Is the result of a mistaken idea of economy

Far better would be the purchase of a quart of ice cream at 50 cents, which would save her time, inbor and fuel and give the family the pleasure of a luxury and add to the value of the menu. If, to offset the expense of the ice cream, she could be taught to buy less bread, cut it carefully, just what was needed for each meal and no more, to use half alloes and broken pieces for croutons, there would never be any more stale bread left in her bread box than she would need for breading croquettes or chops once or twice a month.

If, in spite of careful buying and cutting, she should some day find her-self with part of a loaf of brend to dispose of she might much better throw away the 3 or 4 cents' worth of food than expend 20 or 40 cents to save it. If a tablespoonful of peas suggests no other dish than an omelet which calls for six ears to be garnished with the peas they had better be thrown out.

If they can go into the stock pot, to-gether with three or four other bits of paintable togetables which will give a good flavor to soup, they will have been well utilized, but it is an extravngance to build up a new dish around them. There is wretched waste in saving the little piece of fat which is left from the steak if it takes an hour's time to render into clear white drippings for frying.

If there is a large amount of fat that can be used in such a way and it can be done without taking time from other necessary tasks it will be a real economy to utilize all such fat, but there are many other things besides the cost of land to be computed when figuring the amount saved by this process

The real beginning of sconomy is to study the demands of the family and to learn to buy carefully, just enough and not too much nor too little, and the woman who masters this phase of the problem will not find any difficulties in understanding the rest of the autoject.

How to Make Jams Attractive,

It is an excellent idea in doing up jellies, either for home use or for a oman's exchange, where the neatness and attractiveness of a glass, often in tended as a gift to the sick, count for much, to fasten around the edges of the white reper used on the top the narrow strips of colored and already guinmed papers which are sold for the in the passe partout of frames for pictures and which may always be bought of any up to date stationer, the

expense being insignificant. These builds, in addition to the gain

HOW TO CLEAN LAST SEA-BON'S STRAW HAT.

The last year's white hat may be cleaned till it looks like new at a wast of 5 cents. Get that amount of exalls acid and dis solve it in a pint of water. Remove all hands and trimming from the bat and apply the acid with a toothbrush, rubbing around and around. When the straw is clean, rinse well in several waters to wash off all the acid, which would surely rot the straw if left on.

Then place the hat on a flat surface in the bright sunshine, which, in combination with the acid treatment, bleaches it. 11 the hat is a sallor turn it upside down when partly dry and put a weight such as a small flatiron in the crown to prevent it from sarging in.

Great care must be taken in using and disposing of the acid, as it is a deadly poison.

TRY THESE RECIPES.

How to Prepare the Good Things Grandmother Made.

Mother's Corn Mutlins.-Mother was ertainly famous for her corn muffins. which were made after this recipe: Mix together one cupful of commeal, two cupfuls of flour with three tenspoon of baking powder mixed through Melt some butter, enough to measure three-quarters of a cupful; stir this in and also a fourth of a cupful of sugar and one cupful of sweet milk; stir in a little salt and three eggs well beaten.

Bake in muffin or gem pans. Baked Ham With Cider. - Select a have of medium weight and fat and wash it weil in cold water; cover with fresh water and cook for twenty-four hours, place in the kettle and cover with fresh sweet cider; put on the fire ad let come to the bailing point, then shumer gently fifteen minutes to the pound or till tender. Remove from ket-tie and carefully take off all the rind; sprinkle lightly with sugar, put in a baking pan and cook in a moderate oven till alcely browned, basting with der from time to time.

Meat Roll .- One quart of beef that has been run through the grinder twice in olden times they chopped it very finer; one quart of breaderumbs motstened with one pint of milk and three eggs beaten together, adding one rounding tenspoonful of sait, one of pepper. one tablespeenful of fine sage and two teaspoonfuls of juitter. If there is much fat in the meat the butter may be omitted. Mix the meat lightly with the softened bread, shape into two loaves in a pan and place in a hot oven to form a crust, then pour a little hot water in the pan and bake one hour. Make this the day before it is needed. Floating Island.-Make a soft custard. using one quart of milk; heat it slightly and add the yolks of four eggs and two of the whites well beaten, with a heaping tablespoonful of sugar and a flavoring of vanilla. Cook in a double boller, and as soon as it begins to stick a little on the side remove from the fire and pour it in the dish in which it is to be served. Just before ten time beat the whites of the two eggs very stiff with powdered sugar and make dots over the top of the custard and put a bit of currant or grape jelly in the conter of each island.

How to Remove Stains.

Iron mold and dry ink stains may be emoved by placing the stained material in a hot solution of salts of sorrel or salts of lemon and leaving it to steep until they disappear or by plac-ing the stained part over a basin and pouring boiling water through to mois-ten the stain, which enables the chemical action to take place more rapidly. Then a small quantity of salts of lem-

on or saits of sorrel should be placed on the stain and rubbed firmly in and water again poured through If the first application does not reeve if the process must be repeated. If the fron mold is due to pld fron rust neither of the above mentioned chemicals may remove it successfully. A pinch of oxalle acid, which is a stronger chemical, may then have the desired effect. It is used in exactly the same manner as salts of lemon. but it must be used with great care, as It is injurious to fabric.

WOMEN ON HORSEBACK.

They Cut a Queer Figure Before Bidesaddles Were Invented. Before Queen Catherine de' Medici

darted the fashion of sidesaddles by baving a board shing on the left side of her horse to support her feet all poor women rode on a pillion behind a num. All women of the better class rode astride.

A lady to prepare for riding bent forward and took hold of the lower hem of the back of her dress skirt. drew it through between her legs and wrapped her skirts around her legs down to her knees, then folded the rest of her skirts across the front of her DEDIGI

Then she drew on a pair of large trousers, the legs of which ended just below the knees, where they were sewed to the tops of a pair of clumsy riding boots. The upper part of the trousers was open in front, and the daps folded across the person and fastened by a band around the walst. hood was worn on the head, and a mask protected the face from sun and weather. She rode on a man's saddle and wore spurs and carried a quirt (riding whip) looped on the right wrist, The same style and kind of quirt is now used by our western cowboys and plains Indians and was formerly arried by the Cosancks. A lady in riding costume, whether on

foot or on horseback, was anything but

our great-grandmothers role on side modules, but their great-great-grand-mothers rode astride if they belonged to the gentry class.

Our plains Indian women, even when they changed their buckskin skirts that came to the knee and their buckskin leggings for the long callco skirt of white women, always role astride --Washington Post.

THEY DIDN'T MIND DIRT.

In the Days When Clothes Were Dyed, but Never Washed.

the matter of the washing of clothes, not to say the washing of themselves, our ancestors were a triffe lax. The laundress of the twelfth century must have held a position which was practically a sinecure, while it seems within the bounds of possibility that in those days she did not exist There were, insooth, few gar at all. ments which would stand washing. and the dyer was driving a brisk trade before the laundress was even thought of. A little dye must indeed have cov-

ered a multitude of spots. In the days of the Tudors and Stuarts washing was a triffe more in evidence than formerly, but those articles which were permitted to find their way into the "buck pan"-as the wash-ing tub used to be called-were few ing tab used to be enhel-were the and far between. The wealthy of the middle ages got over the difficulty of obtaining clean underclothing with primitive simplicity by not wearing any, while the lower orders work coarse woolen garments that would are been chernick in the wash." no doubt have "shrunk in the wash. To prevent any casualty of the kind they remained unwashed.

Velvets, taffetas and richly dyed veivets, taifeths and richty dyed silks, such as those worn by the no-bility and gentry, could not, of course, be washed, and should any person of high degree be the possessor of a linen shirt it was a thing which was care-fully much broads by the fourth fully made known to all his friends and relatives as being extremely in mode and a fit subject for congratulation, but washed it never was for fear of injuring its pristine beauty.-London Tatler.

Witchcraft.

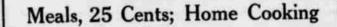
In many parts of the world-Greece for instance the believer in witchcraft still gets hold, by hook or by crook, of hair, nall parings and so forth from an enemy's head and hands and burns buries or does something else with them in order to entail unpleasant consequences upon that enemy. And unlversal folklore reveals the concern of to dispose of their own halr and until clippings to prevent an enemy from getting at them. Australian na-tive girls, having had a lock of hair stolen from them, expected speedy death as a certainty. - London Telegraph.



PRINEVILLE

NEWLY FURNISHED

Beds 50 and 75 Cents FREE BATHS



G. W. LIPPINCOTT, Manager



in supplying a prime quality of beef, yeal mutton, lamb, pork and fresh poultry. There is a flavor, a juicy tenderness and sweetness about our meats which stamps their quality as perfection. These are the finest meats that ever were sent to a tabledelicious, tempting, nourishing meat. Our mild cured hams and bacon have made a great reputation for us, while the moderate prices we ask assure us of the continued patronage of our old customers. **City Meat Market**

Notice for Publication. Department of the Interior, U. S. Land Office at the Dalles, Oregon, July 25, 1913. Notice is hereby given that Henry Grimes

In the Circuit Court of the State of Oregon for Grook County: The W. F. King Co., a Corporation, Plaintiff,

Sheriff's Sale

Notice for Publication

Department of the Interior. U. S. Land Office at The Dalles.Oregon, July 29, 1913. Notice is hereby given that

Notice is hereby given that David W. Grimes whose post office address is Prine-ville, Oregon, did on the 30th day of December, 1912, file in this office sworn statement and application No. 011113, to purchase the swi nei and ni sei of section 22, township 13 south, range 15 east, Willamette me-ridian, and the imber thereon, un-der the provisions of the act of June 3, 1878, and acts amendatory, known as the "Timber and Stone Law," at such value as might be fixed by ap-praisement, and that pursuant to such application the land and timber thereon have been appraised three such application the land and timber thereon have been appraised three hundred dollars, the timber estimat-ed at 260,000 hoard feet at 75c per M., and the land \$105.00; that said applicant will offer final proof in support of his application and sworn statement on the 17th day of Octo-ber, 1913, before Timothy E. J. Duffy, U. S. Commissioner, at Prineville, Oregon.

U. S. Commissioner, at Princeville, Oregon. Any person is at liberty to protest this purchase before entry, or initiate a contest at any time before patent issues, by filing a corroborated affl-davit in this office, alleging facts which would defeat the entry. 8-7p H. FRANK WOODCOCK, Register.

Sheriff's Sale of Real Property Under Execution

In the Circuit Court of the State of Oregon for the County of Crook. Amanda Thornbury, Plaintiff,

Vs. Moses H. Bryans and Bella B. Bryans, C. W. Michael and Nora Michael, D. R. Amadon and Mary J. Amadon, Frank Caliaban and Clara E. Calia-han, E. J. Chingren and —. —. Chingren, Defendants, Defendants, Defendants,

han, E. J. Chingren and -.... Chingren, Defendants. By virtue of an execution and or-der of sale issued out of the above entitled court on the 19th day of July, 1913, in favor of the above named plaintiff, Amanda Thornbury, and against the above named de-fendants, Moses H. Bryans, Bella B. Bryans, C. W. Michael and D. R. Am-adon, upon a judgment for nine hun-dred and sixty (\$660.00) dollars and accruing interest thereon at ten (10) per cent per annum from the first day of July, 1913, the day on which judgment was rendered, and the further sum of one hundred dollars (\$100) attorney's fees and her costs taxed at \$25:50, which judgment was enrolled and docketed in the clerk's office of said court in said county on the 3d day of July, 1913, and whereas it was further ordered and decreed by the court that the s§ of the nwij and the ni of the swi of section 2, in township 14 south, range 14 east W. M., in Crook county, Oregon, he sold as upon execution and the proceeds thereof applied in satisfaction of the costs and expenses of such sale and said judgment, and that plaintiff shall have judgment and execution against said defendants, Moses H. Bryans, Rella H. Bryans, C. W. Mi-chaels and D. R. Amadon, to recover any balance unpaid, after applying the proceeds of sale of said real progerty. Mathematical and will on

property. Notice is hereby given that I have levied upon and will on

Saturday, the 23d Day of August, 1913, at the front door of the court house

at the front door of the court house, in Prineville, Oregon, at the hour of 2 o'clock p. m. of said day, sell all the right, title and interest the said defendants had in and to the above described real property on the lst day of July, 1913, to the highest bid-der, to satisfy said judgment, inter-est costs and accruing costs, subject to redemption according to law. First publication July 24, 1913.

First publication July 24, 1913. ERANK ELKINS, Sheriff of Crook County, Oregon,

Notice for Publication

Notice for Publication Department of the Interior U.S. Land office at The Dalles, Oregon, July 21, 1913. Notice is hereby given that Edward L. Shaler of Prineville, Oregon, who on July 11, 1910, made homestead entry No. 07108, for swij section 26, township 15 south, range 15 east, Williamette meridian, has filed notice of intention to make innal three-year proof to es-tablish claim to the land above des-cribed before Warren Brown, county elerk, at Prineville, Oregon, on the 30th day of August, 1913. Claimant names as witnesses: Wil-

in neatness and prettiness, also give greater security in the matter of air tightness and when a light color 19 used may also bear the name of the jelly, jam or conserve within.

How to Bottle Green Peas.

Green peas that are to be bottled should be gathered on a dry day, and only peas that are perfectly sound should be used. Shell them carefully and dip them in boiling water in which a spray of mint has been soaked. After blanching dry the pens and put them into wide necked bottles with mint and saited boiling water. Cover the bottles and put them, wrapped in hay, in a pan of water. Bring the water slowly to the boll and allow the peas to cook gently for an hour and a Set the pan aside till the peas are quite cold; then lift the bottles out and lay them on a damp cloth in a warm place. Hermetically seal the bottles, dry them carefully and store till required.

How to Be Healthy and Beautiful. Never come to the table with a mind full of worries and troubles or in an trritable state of temper, nor again should you attempt to eat when very fatigued. Both these states tend to diminish the blood supply to the digestive organs and therefore to hinder digestion. Do not read or study when enting, but also do not sit glumly si-A little pleasant conversation is helpful and prevents one getting into the obnoxious and dangerous habit of bolting one's food.

How to Prevent Flat Tea. Always empty out any water left be fore filling the teakettle. Very fre quently the flat taste of tea is caused by using water that has already been boiled.

How to Start a Fortune

Save a little every week and when you get an increase of wages or salary continue to live within the former limits and save the increase. If you find it difficult to save go in debt for a home or undertake some other obligation in the way of investment that will compel you to save.

In these days, of course, the average man or woman has better opportunities to win success in salaried positions than in individual enterprises. The big enterprises pay big salaries at the top. and close application will win promotion toward these bigger rewards. It is not necessary for a man or woman to get a big salary before he or she begins to put money aside.

How to Wear the Modish Sash.

Sashes may be tied at the side of the back with short ends or may hang from a flat bow directly in the mlddle of the back with long, side plaited ends, caught at the bottom by hemstitched bands of ribbon or silk. Picot edged ribbon sashes have tasseled ends. Small sashes tie directly in the middle of the front with three inch loops edged with five inch fringe.

How to Clean Rugs.

To clean Smyrna rugs brush through the velvet surface a mixture of coarse sait and commeal, slightly dampened.

Virtues of the Nurse.

Sir William Oslor in a lecture at Johns Hopkins training school named the seven virtues of the nurse; "Tact. without which no woman can be successful and her chief protection in the mechanism of life; tidiness, it being the primary duty of a woman to look well; taciturnity, which should be cultivated as a gift; sympathy, gentleness, the birthright of a nurse; cheerfulness and charity, the last and greatest of nIL.

Vague.

"I didn't exactly know how to take missis this morning." said the the hady's maid to the cook.

"What did she say?"

"When I remarked that I was afraid her complexion could not be improved by cold cream she told me I needn't rub it in."-Baltimore American.

Most of Them Do

"It only needs determination to live a hundred years," says a well known health writer A great many people have determined to live a century or dle in the attempt-and they have died in the attempt-New Orleans Picaytitle.

Good Plan.

It is a good plan while waiting for your ship to come in to kill time by going to work to earn something .- New Orleans Picayune.

"Tis a wise saying. Drive on your own track.-Plutarch.

whose post office address is Prine-ville, Oregon, did, on the 6th day of March,1913, file in this office, sworn statement and application No.011377, to muchase the sub-scheme to the statement statement and application No. 011377, to purchase the swi set, section 10, town-ship 13-south, range 15 east, Williamette meridian, and the timber thereon, un-der the provisions of the act of June 3, 1878, and acts amendatory, known as the "Timber and Stone Law." at such value as might be fixed by appraise-ment, and that, pursuant to such ap-plication, the land and timber thereon have been appraised, one hundred dol-lars the timber estimated at 100,000 board feet at 75 cents per M., and the land \$25,00; that said applicant will offer final proof in support of his applioffer final proof in support of his appli-cation and sworn statement on the 10th day of October, 1913, before Timothy E.

J. Daffy U. S. Commissioner, at Prine-ville, Oregon. Any person is at liberty to protest this successes before entry, or initiate a con-

Any person is at nov, or initiate a con-test at any time before patent issues, by filing a corroborated affidavit in this office, alleging facts which would defeat

the entry. 7-31p H. FRANK WOODCOCK, Register. 7-31p

Notice to Creditors

Notice is hereby given by the un-dersigned, the administrator with the will annexed, of the estate of ida Wright, deceased, to creditors of said deceased and all persons having claims against said estate to present the same with the proper vouchers to the undersigned at the office of M. to the undersigned at the once of M. R. Elliott, in Prineville, Ore., within six months from the date of the first publication of this notice.

Dated and published first time July 3, 1913. M. D. POWELL, Administrator with will annexed of estate of Ida Wright, deceased.

Notice for Bids

Bids for concessions for places at fair grounds, September 23-27, 1913. Restaurant, lunch counter, confec-

Irwin D. Basey, Ethel Basey, J. K. Macpherson and Abel Cudd, Defendants.

To the sheriff of Crook county, greeting: Whereas, on the 5th day of May, 1913, in Whereas, on the 5th day of May, 1965, in the above named court, a judgment was rendered in favor of the above named plain-tiff and against the above named defend-ants for the sum of eight hundred dolars, with interest thereon from the 3lst day of January, 1911, at the rate of ten per cent por annum, and eighty dolars attorney's fee, and the further sum of twenty-nine dollars and costs, which judgment was en-rolled and docketed in the circk's office of said court in said county, on the 22d day

rollad and docketed in the cierk's office of said court in said county, on the 22d day of May, 1913. And, whereas, it was further ordered and decreed by the court that the sets of the nets, ets of sets, see 4, nets of nets of sec-tion 9, wp 14 S. R. 14 E. W. M., in Crook county, Oregon, 1 have levied upon, and I will on

Saturday, September 13, 1913,

Saturday, September 13, 1913, at the hour of 10 o'clock a. m. of said day, at the north front door of the court house in Primeville, Oregon, seil to the highest bidder for cash, all the right, title and in-terest the said defendents had in and to the above described real property, to satis-fy said judgment, interest, attorney's fees, costs and accruing costs. Said safe subject to redemption as provided by law. First publication Angust 14, 1913. Enays Eukins, Sheriff of Crook County, Oregon. By W. E. Van Allen, Deputy.

Sheriff of Crook County, Oregon. By W. E. Van Allen, Deputy. Notice of Appointment of Adminis-tratrix and to Creditors Notice is hereby given to all persons concerned that the undersigned has been, by the compty court of the state of Oregon for Crook county, duly ap-pointed administratrix of the estate of Richard P. Miller, deceased, and all persons having claims against said es-tate are hereby required to present the same, duly verified to said administra-trix, at the law office of M. E. Brink, at the city of Prineville, Crook county. Oregon, within six months from the date of the first publication of this notice. Dated and published first time Aug

Dated and published first time Aug-

Restaurant, lunch counter, confec-tions, including lee creams, fruits, etc. Bids open until August 25. 8-7 P. Miller, deceased.

Claimant names as witnesses: Wil-Claimant names as witnesses: wil-liam M, Clabough, James, A. Moffitt, William Hacold and Rolla B. Cross, all of Prineville, Oregon. 7-24 H. FRANK WOODCOCK, Register,

Notice for Publication.

Department of the Interior, Ore. U. s. Land Office at Burns.

Department of the Internet, U. S. Land Office at Burns, Ore, August 13, 1913,
Notice is hereby given that John H. Christenson
of Paulina, Oregon, who on May 4, 1910,
matie nonestead entry No. 04639 for sheet, section 25, township 16 south, range 24 east, Willamette meridian, has filed notice of intention to make final three-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 22d day of September 1913.
Claimant names as witnesses: Mag-nus F. Peterson, William W. Foster, March Logan and Marion Morgan all of Paulina, Oregon.
821.

Notice for Publication.

Department of the Interior, U. S. Land Office at Burns, Ore,

Crook County Journal, county official paper. \$1.50 a year.