



# Economy Hints

A penny saved is a penny earned.— Benjamin Franklin.

### Short Cuts to Thrift.

One of the things that can be utilized by the thrifty housekeeper is the ever present, despised string which comes around bundles and packages. Tie the strings together, making fairly large knots and being careful not to trim off the ends—the more irregular the better. Then with a pair of coarse needles knit into bath mats. If you are fortunate in having a variety of colors, by judicious blending they can be made to look strikingly like some of the Turkish rugs, especially if you use the gilt cord which comes around boxes of confectionery. They are not only serviceable, but have the added merit of washing forever. All of the colors are fast except pink. As most of the strings now in use in the shops are white the ends of the rugs can be made any desired color, either by dyeing or by making of balls of solid color, costing about 5 cents apiece.

Another economy consists in saving all the odds and ends of soap excepting the coarsest kitchen kinds. When you have about a quart put on the stove to melt, adding a pint of warm water. As soon as these become thoroughly melted stir in a scant pint of oatmeal or oatmeal flakes—the kind used for porridge. Keep stirring until dissolved—only a few minutes if hot—then add a tablespoonful of extract of almond. Turn into a pan to harden. When cool cut into cakes. This soap is not attractive in appearance, as it becomes rather dark, but it has a curative property and rapidly heals chapped hands, rendering them smooth and white.

Glove fingers make splendid protection for the stems of flowers, especially if the flowers are fresh and worn pinned to a white dress. Save the fingers, insert the flower stems in them and pin to dress and no dampness or stain will injure the most delicate dress.

As every woman knows, the legs of stockings are being torn out continually to the detriment of her patience and pocketbook. But do not discard the stockings, no matter how badly torn. Lay two together, fold over and over, putting a layer of newspaper in one fold, sew the edges together and you have a mighty good iron holder.

An excellent floor mop may be made from old stockings in this manner: Slash them in strips an inch wide, forming a fringe. Stitch several thicknesses of this to a strip of cloth three inches wide and ten inches long. Machine stitching is best. Saturate this with a good furniture polish and fasten in a mop stick. By using this daily upon hardwood floors they are kept free from dust and given a beautiful polish.

### HOW TO ANCHOR PORCH TABLE COVERS.

Whoever may be blessed with an airy porch will be glad to know that she may keep the table covers in place by weighting them.

Sew in each corner a piece of muslin about an inch square, making it like a little pocket, open at one end. Slip into each pocket a metal weight about the size of a quarter, such as tailors use for weighting coats. When the cover needs washing it will be easy to remove the weights.

The comfort of finding the covers on the tables and not on the porch floor will be the reward you will reap for the little trouble you have taken.

### How to Clean White Feathers.

White feathers of any kind, especially white willow plumes, can be cleaned at home to look like new at a very small cost.

Take one quart of gasoline and 5 cents' worth of plaster of paris and mix together to the consistency of whipped cream. Dip the feathers in this mixture several times and squeeze and pat them for a few minutes. Then hang up in the open air to dry thoroughly and until all the gasoline has evaporated. Remember never to use gasoline in a room with a light or fire. It is very explosive.

### How to Rest the Eyes.

To relieve the fatigue of the eyes after a long day spent out of doors bathe them with a warm solution of boracic acid, soaking pads of absorbent wool in the lotion and laying them over the eyes for a few minutes, changing them two or three times. This rests and soothes them and restores their brightness.

### How to Mend Lace Curtains.

Take strips of net the right size or good parts of old curtains and dip them into hot starch. Apply these pieces to the worn places while the starch is hot and they will adhere and will not show as much as darning would.

### How to Boil a Cracked Egg.

To prevent the contents of a cracked egg from boiling out gently rub the crack with damp salt before immersing the egg in water, and allow time for the salt to penetrate.

### HEALTH HINT FOR TODAY.

**Curative Vegetables.** Foods that contribute to our great national disease, indigestion, are hot breads, meats, cereals, cheese, blackberries and dates.

Foods that have the opposite effects are generally accepted, though some physicians dissent from this conclusion, to be raw cereals, potatoes, peas, beans, spinach, turnips, cabbage, onions, prunes, figs, apples, peaches and olives.

Foods which are of average value in this respect are nuts, crusts of cold bread, toast or twice baked bread, eggs, cold milk, oranges and lettuce.

Onions are of special value to those persons of heavy movements, lethargic temperaments and muddy complexions, for they are like lemons, a liver tonic. These and apples clear the complexion because they first clear the blood, driving out the excess of uric acid. Celery is a tonic food, upbuilding the nervous and sufferers from rheumatism.

To make fresh, pure blood should be the aim of every one, and this much eating of beets and carrots does. Both are rich in iron, which they transfer to the blood.

The kidneys have no better friend than dandelion, spinach and asparagus.

### HEALTH HINT FOR TODAY.

**Fruit Diet.** Fruits should not be cooked, but eaten raw and upon an empty stomach or combined with nuts. Cooking ruins many of their most valuable properties.

It will be found that the texture and the general coloring of the skin will improve upon this diet. The complexion will become clear and the eyes will become bright.

Fruits exert a very cleansing and purifying effect upon the system. Their medicinal value should not be omitted from consideration. Were a fruitarian diet followed humanity would escape nine-tenths of the ills from which it now suffers.

### HEALTH HINT FOR TODAY.

**Rest Before Eating.** The importance of resting after eating as a necessary condition for perfect digestion has been emphasized, but it is equally important to rest, physically and mentally, before eating. Dogs that had run an hour before eating and others that had been resting were fed the same rations, and it was found that those dogs that had been rested before eating digested the meal much better than those fed while tired. Usually a dog will refuse to eat if very tired, and a man who has a natural appetite will feel little inclination to eat until after he has rested, following physical exercise. The practice of hurrying from the office or shop to the dining room and eating without resting and then hurrying back to work is one of the means by which the digestive and nervous systems are gradually though imperceptibly broken down.

### HEALTH HINT FOR TODAY.

**Shampoo.** A good shampoo for oily hair is made of green soap, one-quarter ounce; cologne, two drams; yolk of one egg, well beaten and stirred into one-half pint of water. Apply to the scalp with a tonic brush, then rub it well over all the hair and rinse in warm water. Dry with warm towels or in the sun.

### HEALTH HINT FOR TODAY.

**Flat Foot.** Declaring that proper footwear will cure most cases of flat foot, a well known New York physician says: "Boots or shoes must be the shape of the foot, but it is not necessary to wear boots of an ugly shape to secure this primary essential. To insure that the big toe is not pushed out against the other toes the inner side of the boot where it lies is kept straight. The soles should be a sixth to a fourth of an inch thick and the heel broad, an inch or less in height. If the degree of flat foot be anything more than the merest trace mechanical means are utilized to throw the weight of the body, distributed down the leg, slightly outside the center of the ankle joint. To effect this the sole and heel of each boot must be thickened along its inner side by a quarter, one-third or half an inch, the amount depending upon the severity of the case; the worse the case the greater the thickening."

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### Summons.

In the circuit court of the state of Oregon for Crook county.  
Dechutes Lumber Company, a corporation, plaintiff,  
vs.  
Eliza A. Johnson, James Tetherow, and John Tetherow, and all unknown heirs of Andrew J. Tetherow, deceased, and all others interested, defendants.  
To Eliza A. Johnson, James Tetherow, John Tetherow, and all unknown heirs of Andrew J. Tetherow, deceased, and to all others interested, the above named defendants:  
In the name of the state of Oregon you and each of you are hereby required to appear and answer the complaint of the plaintiff filed against you in the above entitled suit and court, 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 according to law, then on or before the  
29th day of November, 1913,  
and you and each of you are hereby notified that if you fail to so appear and answer for want thereof the plaintiff will take a decree against you for the relief prayed for in the complaint, to-wit:  
For a decree of said court to the effect that the plaintiff is the owner in fee simple, free from all incumbrances, of the following described premises, to-wit: The north half of the northeast quarter, the southwest quarter, and the northwest quarter of section thirteen, in township twenty-one south, of range nine east of the Willamette Meridian, in Crook county, state of Oregon. That the defendants and each of all of them, and all persons claiming by, through or under them or any of them be forever barred and estopped from having or claiming any right, title or interest in or to said premises or any part thereof, and that the cloud existing upon plaintiff's title to said premises by reason of the estate of Andrew J. Tetherow never having been administered upon, be removed, and that the plaintiff's title to said premises be quieted, confirmed and forever established in itself, its successors and assigns, and for such other and further relief as may seem meet to the court and just in the premises.  
This summons is published in the Crook County Journal, a weekly newspaper of general circulation, and published once a week at Prineville, Crook county Oregon, for six full weeks in seven consecutive issues of said paper, commencing with the issue of October 16th, 1913, and ending with the issue of November 27th, 1913, by order of the Hon. G. Springer, county judge of Crook county, Oregon, and judge of the county court of the state of Oregon for Crook county, made and entered on the 16th day of October, 1913.  
Dated and published first time October 16th, 1913. M. E. BRISK, Attorney for Plaintiff.

### Call for Warrants

Notice is hereby given that all General Fund County Warrants up to and including registered No. 1545, will be paid on presentation to the county treasurer. No interest paid after this date. October 30, 1913.  
R. L. JORDAN, County Treasurer of Crook county.

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### Notice for Publication

Department of the Interior, U. S. Land Office at The Dalles, Ore. September 20, 1913.  
Notice is hereby given that Adam Palmer of Bend, Oregon, who, on March 18, 1912, made homestead No. 010081, for n.w. 1/4, n.w. 1/4, n.w. 1/4, sec. 31, township 20 south, range 19 east, Willamette Meridian, has filed notice of intention to make final three-year proof to establish claim to the land above described before H. C. Ellis, U. S. Commissioner, at his office at Bend, Oregon, on the 17th day of November, 1913.  
Claimant names as witnesses: Martin Hallmeyer, Cornelius O'Keefe Albert W. Palmer, Elmer W. Palmer, all of Bend, Oregon.  
H. FRANK WOODCOCK, Register.  
10-2p

### Summons

In the circuit court of the state of Oregon for Crook county.  
State of Oregon, plaintiff,  
vs.  
F. A. Hyde, Flora M. Sherman, Joost H. Schneider, Henry S. Morris, C. W. Clarke, A. S. Baldwin, and C. W. Clarke Co., a corporation, defendants.  
To F. A. Hyde, Flora M. Sherman, Joost H. Schneider, Henry S. Morris, C. W. Clarke, A. S. Baldwin and C. W. Clarke Co., a corporation, above named defendants:  
In the name of the state of Oregon, you and each of you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before the 22nd day of November, A. D. 1913, and if you or either of you fail to so appear and answer, for want thereof the plaintiff will apply to the court for the relief prayed for in the complaint, a sufficient statement of which is as follows: a decree cancelling and annulling certain deeds of the state of Oregon to C. W. Clarke of date May 15th, 1899, and October 7th, 1898; certain deeds of the State of Oregon to A. S. Baldwin of date May 1st, 1899; certain deeds of the State of Oregon to F. A. Hyde of date July 10th, 1899; certain deeds of the State of Oregon to Flora M. Sherman of date May 1st, 1899; certain deeds of the State of Oregon to Joost H. Schneider of date October 4th, 1898; certain deeds of the State of Oregon to Henry S. Morris of date May 1st, 1899; certain deeds of the State of Oregon to H. M. Morris, (a fictitious person) of date October 4th, 1898; certain deeds of A. S. Baldwin and Emma C., his wife to C. W. Clarke of date May 4th, 1899; certain deeds of Flora M. Sherman to C. W. Clarke of date May 4th, 1899; certain deeds of Joost H. Schneider and Rosa M., his wife, to C. W. Clarke of date October 11th, 1898; certain deeds of Henry S. Morris, and Mary P., his wife, to C. W. Clarke of date May 4th, 1899; certain deeds of H. M. Morris, (a fictitious person,) to C. W. Clarke of date October 11th, 1898; certain deeds of F. A. Hyde and Filena T., his wife, to United States of America of date July 24th, 1899; and certain deeds of C. W. Clarke and Philomena, his wife, to United States of America of date May 5th, 1899, June 7th, 1899, and October 13th, 1898, each pretending to convey certain lands situate in townships 10 south in ranges 5, 6 and 7 east; townships 12, 13, 14, 15, 16 and 17 south, range 9 east; township 18 south, ranges 7 and 9 east; township 19 south, ranges 7, 8 and 9 east; township 20 south, ranges 7, 8 and 9 east; township 21 south, ranges 6, 7, 8 and 9 east; and township 22 south, ranges 6, 7 and 9 east, Willamette Meridian, all in Crook county, Oregon, and to cancel and annul all other contracts, certificates of sale, applications, etc., mentioned in the complaint relating to said lands described therein or to any part thereof, and for costs and disbursements, and such other and further relief as may to the court seem equitable in the premises.  
This summons is published in pursuance of an order of the Honorable W. L. Bradshaw, judge of the above entitled court, made and entered on the 4th day of October, 1913, directing this summons to be published for six consecutive weeks in the Crook County Journal, a weekly newspaper of general circulation printed and published in Prineville, Crook county, Oregon.  
Dated at Salem, Oregon, this 5th day of October, 1913.  
A. M. CRAWFORD, Attorney for plaintiff.  
Date of first publication, October 9, 1913.  
Date of final publication, November 20, 1913.

### Notice of Administrator's Sale of Real Property

Notice is hereby given that in pursuance of an order of the county court of the state of Oregon for Crook county, made and entered on the 6th day of October, 1913, in the matter of the estate of John H. Jarrett, deceased, the undersigned, administrator of said estate, will sell at public sale to the highest bidder, for cash at 10 o'clock in the morning of Saturday, the 8th day of November, 1913, at the front door of the county courthouse in Prineville, Crook county, Oregon, subject to confirmation by said county court, all the right, title and interest the said John H. Jarrett had at the time of his death in the following described real property, to-wit:  
Lots three (3) and four (4) and the south half (1/2) of the northwest quarter (1/4) of section five (5), township fourteen (14) south, range nineteen (19) east of the Willamette Meridian, lying and situate in Crook county, state of Oregon, and containing 151.84 acres, more or less, according to the official plat and United States survey thereof.  
Given under my hand this 8th day of October, 1913. L. M. BURNETT.  
Administrator of the estate of John H. Jarrett, deceased.  
Date of first publication, October 9, 1913.  
Date of final publication, November 6, 1913.  
W. Ward H. Wirtz, attorney for estate.

### Notice for Publication

Department of the Interior, U. S. Land Office at The Dalles, Ore. September 20, 1913.  
Notice is hereby given that George W. Hoeh of Bend, Oregon, who, on April 23, 1910, made homestead No. 06597, for e. 1/4 sec. 22, sw. 1/4 sec. 22, township 20 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 H. C. Ellis, U. S. Commissioner at his office in Bend, Oregon, on the 17th day of November, 1913.  
Claimant names as witnesses: Robert List, Martin Johnson, Otis C. Henkle, Elvert T. Hoeh, Richard G. Hunsley, all of Bend, Oregon.  
H. FRANK WOODCOCK, Register.  
10-2p

### Magazine Bargains

Up to November 10 the American Magazine, The Woman's Home Companion, Delineator and Everybody's Magazine are offering rates with other magazines. This is an opportunity that you cannot well afford to miss. Renewals count as well as new subscriptions. I also take orders for The Ladies' Home Journal, Saturday Evening Post, Country Gentleman, The Criterion of Fashion, 10-23-2t. MARION RICE, Prineville.  
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