



WHAT, WHEN AND HOW TO EAT

The Value of Fresh Food.

By EUGENE CHRISTIAN, F. S. D.

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Next to the selection of food, the most important thing is its freshness or the manner in which it has been kept.

Modern science has shown us that the fourteen chemical elements of which the body is composed, which were given in one of my former articles, can be procured from a very few articles of food—the fewer the better.

The study of dietetics leads the student inevitably toward simplicity and points out with great emphasis the errors of eating too many things at the same meal.

If one would select four articles—that is, one from each of the principal classes—and have them prepared in the proper manner they could subsist indefinitely upon them—as an example, one protid, one carbohydrate, one fat and one article rich in mineral salts. A few of the leading articles of food representing these four classes are as follows:

Proteids—Milk, eggs, peas, beans, peanuts, pine nuts, fish and chicken.

Carbohydrates—Grains, potatoes, bananas.

Fats—Butter, nuts, olive oil or cottonseed oil.

Fresh Vegetables—Carrots, parsnips, turnips, cabbage, etc.

The best meal can be made by selecting one article from each of the

Science has not yet taught man how to arrest entirely decomposition, and after an article of food remains in a preserved state it is gradually undergoing some form of chemical change—that is, taking it farther and farther away from a true food. When we glance into the average grocery stores, from which a vast number of people get their supplies, we would think that they lived wholly out of cans, and in many cases it is unfortunately true. This custom prevails largely because people do not understand the difference between fresh foods and canned foods.

Canned foods are more convenient and in many cases cheaper and often taste quite as well as the fresh article and impose much less labor and trouble upon the housewife and cook. Therefore the natural desire to slirk labor and responsibility and to pursue lines of least resistance makes the canned food popular.

The Preparation of Food For the Table.

Hundreds of cookbooks have been written purporting to instruct people in the art of preparing food. For the most part these works, while got up perhaps by conscientious people, are merely methods of telling how to prepare the wrong thing in the wrong way. In four standard cookbooks there are over a thousand methods of preparing meat, but not one suggestion in regard to selecting and combining food according to one's age, occupation and the time of the year. There are about 800 recipes in the same books for the preparation of sweets and desserts, every one of which is unnecessary and in reality injurious to the human family.

The housewife or the one having the interest of the family health at heart should understand a few very simple rules:

First.—She should know how to classify food as given above.

Second.—She should know how to select foods for hot weather and cold weather.

Third.—She should know how to select foods to meet the requirements of the manual laborer and sedentary worker.

Fourth.—She should know how to select foods according to age.

All of this information could be contained in a book of less than 100 pages, and on one page thereof could be printed every article of food necessary to support life in its highest form in any civilized country in the world.

A Few Right and Wrong Ways For Preparing Foods.

The old method of preparing fresh vegetables is to place them in a pot, cover them with water and boil until soft, then drain the water off, season and serve them. In this way most of the mineral salts they contain are dissolved and discarded with the water; therefore nature's most valuable food is robbed of its most valuable nutritive element. The office mineral salts perform in the body is to purify the blood, assist in the building of cartilage and bony structure and aid in the final digestion of all other foods. There is no element of nutrition more valuable than mineral salts, especially in the complicated metabolic processes through which food passes after it enters the blood.

All fresh vegetables should be cooked in a casserole—that is, in a tightly covered dish, preferably made of aluminum. They can be placed in a casserole dish, a very little water added, then put in an ordinary baking oven. In this way they are really cooked in their own juices, and the mineral salts are preserved. They are more nutritious, more delicious, much more tender and easier of digestion.

Ordinary green peas should not be shelled, but cooked in a casserole in the pod. The pod is much more nutritious than the pea. It has been exposed to the sunshine and air and contains not only more nutrition, but better quality than the pea itself. When cooked this way peas are exceedingly tender and can be eaten by placing the pod between the teeth and giving it a gentle pull. This strips from the pod its meat or outside coating of nutrition, leaving only the thin film, which is pure cellulose. In this way the pea will yield double the amount of nutrition than when it is shelled.

All fresh, salty vegetables, such as lettuce, romaine, celery and tender carrots, should be taken uncooked. At least one vegetable in this class should be taken with every noon and evening meal.

Grains should be boiled whole. They should be served with milk, cream or nuts, and the bran or outside coating should not be removed. The bran contains valuable mineral salts and also supplies the body with the necessary roughness or fodder to prevent intestinal congestion (constipation), from which a vast number of people suffer and from which some thirty odd different so-called diseases originate.

A bushel of wheat contains about eighty pints. When this is cooked until the grains burst open it will make about 100 pints. With a little milk, butter or nuts wheat prepared in this way will make an excellent meal. Even a laboring man could eat but little more than a pint a day. At the present cost of wheat, about \$1 per bushel, the carbohydrate element of his food could not cost him as much as a cent a day. The same can be said of corn, rice, oats, barley and rye.

Aside from the economy, one procures the best nutrition known to the science of food chemistry in its best form.

The logical question, then, is, Why should the housewife purchase prepared foods made from the same grain at a cost to her of anywhere from \$18 to \$24 per bushel? And all that has been done to them by various processes is to make them more expensive and reduce their food value.

KEEPS YOUR HOME FRESH and CLEAN


Duntley
Combination Pneumatic Sweeper

THIS Swiftly-Sweeping, Easy-Running DUNTLEY Sweeper cleans without raising dust, and at the same time picks up pins, lint, ravelings, etc., in ONE OPERATION. Its case makes sweeping a simple task quickly finished. It reaches even the most difficult places, and eliminates the necessity of moving and lifting all heavy furniture.

The Great Labor Saver of the Home—Every home, large or small, can enjoy relief from broom drudgery and protection from the danger of flying dust.

Duntley is the Pioneer of Pneumatic Sweepers—Has the combination of the Pneumatic Suction Nozzle and revolving Brush. Very easily operated and absolutely guaranteed. In buying a Vacuum Cleaner, why not give the "Duntley" a trial in your home at our expense?

Write today for full particulars



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Cream Separators

Sold on Easy Terms

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HORIGAN & REINKE, Props.

Choice Home-Made Hams, Bacon and Lard

Fresh Fish and Oysters

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Four Days of Dazzling Attractions, June 9-12

9th Marine Pageant Coronation Rose Show Military Display	11th Human Rosebud Parade National Balloon Race Great Fire Spectacle
10th Floral Parades Fireworks, Carnival Band Contests Novelty Features	12th Daylight Pageant Electrical Historical Parade at Night

\$9.20 from Redmond and return. Limit June 15th.
Details on application to
H. BAUKOL, Agent, Redmond, Ore.

See Clatsop Beach on the Oregon Coast, one day side trip from Portland 5-21-4

You would enjoy the Journal. \$1.50 per year

Notice of Sale of Real Estate

In the County Court of the State of Oregon, in the matter of the estate of John C. Fowle, deceased.

Notice is hereby given that in pursuance of an order duly made and entered in the above entitled matter, on the 11th day of May, A. D. 1914, the undersigned, as administratrix of the said estate, will proceed to sell at private sale for the best price obtainable, for cash, on and after Saturday, the 20th day of June, A. D. 1914, at the hour of 9 o'clock a. m. of said day, the following described real estate belonging to said estate, to-wit:

The east half of the northeast quarter (e4 ne4) and the east half of southeast quarter (e4 se4) of section thirty-four (34), in township eleven (11) south, range seventeen (17) east of Willamette meridian, in Crook county, Oregon, the said described land being commonly known as deceased's "timber land," together with the tenements, hereditaments and appurtenances thereunto belonging and appertaining.

Any person desiring to buy said land is requested to submit a bid therefor with draft or certified check for the amount of his bid, payable to Dorothea C. Fowle, administratrix, in care of Beight, Bryant & Ellis, her attorneys, The Dalles, Oregon, on or before Friday, the 19th day of June, A. D. 1914, at 5 o'clock p. m.

Administratrix reserves the right to reject any or all bids.

Said sale will be made subject to the confirmation of the court and abstract of title will be furnished if required.

Dated at The Dalles, Oregon, this 11th day of May, A. D. 1914.
DOROTHEA C. FOWLE,
5-21-5 Administratrix of Said Estate.

Summons

In the justice court of the state of Oregon, Crook county, district No. 1, Collins W. Elkins, plaintiff,
vs.
M. A. Gulick, defendant.
To M. A. Gulick, defendant above named:

In the name of the state of Oregon you are hereby required to appear and answer the complaint of plaintiff filed herein against you on or before the 3rd day of July, 1914, or for want thereof the plaintiff will take judgment against you for the sum of Thirty and fifty hundredths dollars with interest thereon at the rate of ten per cent per annum from October 6, 1913, for \$25.00 attorney's fees and for the costs and disbursements of this action.

This summons is published by order of the Honorable A. R. Bowman, Justice of the Peace of District No. 1 of Crook county, Oregon.

The date of the first publication of this summons is May 21, 1914.
Date of last publication July 2, 1914.

Notice for Publication.
Department of the Interior,
U. S. Land Office at The Dalles, Or.
May 2nd, 1914.

Notice for Publication—Isolated Tract

Public Land Sale
Department of the Interior,
U. S. Land Office at The Dalles, Or.
March 18th, 1914.

Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Act of Congress approved March 28, 1912, (34 Stat., 77), pursuant to the application of Benjamin Sorbal, Serial No. 610888, we will offer at public sale, to the highest bidder, but at not less than \$5.00 per acre, at 10 o'clock a. m., on the 13th day of June, 1914, at this office, the following tract of land: se4 sw4 section 24, township 14 south, range 16 east, Willamette Meridian. This tract is ordered into the market on a showing that the greater portion thereof is mountainous or too rough for cultivation.

Any persons claiming adversely the above-described land are advised to file their claims or objections on or before the time designated for sale.

U. S. LAND OFFICE, REGISTER,
5-21-5

Notice of Final Settlement

Notice is hereby given by the undersigned, the administrator of the estate of Samuel S. Jones, deceased, to all persons interested in said estate, that he has filed with the clerk of the county court his final accounting of his administration of said estate, and that the court has set Monday, the 6th day of July, 1914, at 10 o'clock in the forenoon, at the county court room in Prineville, Oregon, as a time and place for hearing and settling said final accounting. At which time and place any person interested in said estate may appear and object to said final accounting.

Dated this 21st day of May, 1914.
C. E. JONES,
Administrator of the estate of Samuel S. Jones, deceased. 5-21

Protect your chickens from lice. Use Carbolinum. One good application all that is needed for a season. For sale by J. E. Stewart & Co.

Satisfaction Guaranteed by

A. C. WILSON

General Carpenter and Builder

New Houses Built, Old Ones Repaired, Remodeled or Reshingled

by day or contract. Leave orders at Clifton & Cornett's store or address Lock Box 375, Prineville, Oregon. 4-9

For a decree against all of the defendants that the land described in plaintiff's complaint and mortgage be sold by the sheriff of this county according to law and that the proceeds of said sale be applied to the payment of plaintiff's judgment and the costs of making such sale and that they have a deficiency judgment against defendant, F. D. Parker, for any sum remaining unpaid after applying all of the proceeds of said sale properly applicable to said judgment. That the defendants and each and all of them, and all persons claiming under them or any of them be forever barred and foreclosed of all right, title, interest and right of redemption in said premises and every part thereof.

This summons is published by order of the Honorable G. Spranger, Judge of the county court of the state of Oregon for Crook county, made on the 27th day of April, 1914, which said order prescribes that this summons be published in the Crook County Journal, a weekly newspaper printed and published in Prineville, Crook county, Oregon, for a period of six consecutive weeks. The date of the first publication of this summons is April 30, 1914.
M. R. ELLIOTT,
Attorney for Plaintiffs.

Notice for Publication.

Department of the Interior,
U. S. Land Office at Lakeview, Or.
April 28th, 1914.

Not coal lands.
Notice is hereby given that
Olvin Thompson
of Dry Lake, Oregon, who, on December 8th, 1910, made homestead entry No. 64104, for e4 sw4 section 1; ne4 ne4 section 12, township 21 south range 20 e4 s4 w4 section 6, n4 w4 section 7, township 21 south, range 21 east, Willamette Meridian, has filed notice of intention to make final three year proof, to establish claim to the land above described before Chas. A. Sherman, United States Commissioner at Fife, Oregon, on the 27th day of June, 1914.

Claimant names as witnesses: Lewis W. Bennet, Richard R. Rhodes, both of Dry Lake, Oregon; Orville I. Davidson, Fisher Logan, both of Barnes, Ore.
5-7p JAMES F. BURGESS, Register.

Notice for Publication

Department of the Interior,
U. S. Land Office at Lakeview, Or.
April 20th, 1914.

Not coal lands.
Notice is hereby given that
Minna Pausch
of Fife, Oregon, as mother and heir at law of Frank J. Pausch, deceased, who, on December 18, 1909, made homestead entry 62751 at Lakeview, Oregon, for nw4, sec 4, tp 21 south, range 22 east, and on September 3, 1910, made additional homestead entry (Act Feb. 19, 1909,) 07573 at The Dalles, Oregon, for sw4 section 33, township 30 south, range 22 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described before Charles A. Sherman, U. S. Commissioner, at Fife, Oregon, on the 12th day of June, 1914.

Claimant names as witnesses: Wesley Street, John A. Pausch, Effie Sherman, Edward Pausch, all of Fife, Oregon. JAR. F. BURGESS, Register. 4-30p

Notice for Publication—Isolated Tract

Public Land Sale
Department of the Interior,
U. S. Land Office at The Dalles, Or.
March 18th, 1914.

Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Act of Congress approved March 28, 1912, (34 Stat., 77), pursuant to the application of Benjamin Sorbal, Serial No. 610888, we will offer at public sale, to the highest bidder, but at not less than \$5.00 per acre, at 10 o'clock a. m., on the 13th day of June, 1914, at this office, the following tract of land: se4 sw4 section 24, township 14 south, range 16 east, Willamette Meridian. This tract is ordered into the market on a showing that the greater portion thereof is mountainous or too rough for cultivation.

Any persons claiming adversely the above-described land are advised to file their claims or objections on or before the time designated for sale.

U. S. LAND OFFICE, REGISTER,
5-21-5

Notice for Publication.

Department of the Interior,
U. S. Land Office at Lakeview, Or.
April 28th, 1914.

Not coal lands.
Notice is hereby given that
Lewis W. Bennet
of Dry Lake, Oregon, who, on February 23, 1912, made homestead entry No. 63342, for e4 nw4, lots 1, 2, 3, 4, section 1, township 21 south, range 20 east; lots 4 and 5, section 6, township 21 south, range 21 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described before Chas. A. Sherman, U. S. Commissioner, at Fife, Oregon, on the 27th day of June, 1914.

Claimant names as witnesses: Richard R. Rhodes of Dry Lake, Oregon; Fisher Logan, Orville I. Davidson, both of Barnes, Oregon; Olvin Thompson of Dry Lake, Oregon. 5-7p JAR. F. BURGESS, Register.

Summons

In the circuit court of the state of Oregon, for Crook county,
Charles A. Whitsett and Minnie M. Whitsett, plaintiffs,
vs.
F. D. Parker, Minnie L. Parker, J. D. Morris, administrator of the estate of George Herren, deceased, and Lulu G. Herren, defendants.

To F. D. Parker, Minnie L. Parker, J. D. Morris, administrator of the estate of George Herren, deceased, and Lulu G. Herren:

In the name of the state of Oregon, you are hereby required to appear and answer the complaint filed in the above entitled court and cause on or before the 13th day of June, 1914, and if you fail so to appear and answer, the plaintiff will apply to the court for the relief demanded in their complaint, to-wit: for a judgment against defendant, F. D. Parker, for the sum of Three Thousand Dollars with interest thereon at the rate of seven per cent per annum from August 29, 1912, for \$300.00 attorney's fees and for the costs and disbursements of this suit.

For a decree against all of the defendants that the land described in plaintiff's complaint and mortgage be sold by the sheriff of this county according to law and that the proceeds of said sale be applied to the payment of plaintiff's judgment and the costs of making such sale and that they have a deficiency judgment against defendant, F. D. Parker, for any sum remaining unpaid after applying all of the proceeds of said sale properly applicable to said judgment. That the defendants and each and all of them, and all persons claiming under them or any of them be forever barred and foreclosed of all right, title, interest and right of redemption in said premises and every part thereof.

This summons is published by order of the Honorable G. Spranger, Judge of the county court of the state of Oregon for Crook county, made on the 27th day of April, 1914, which said order prescribes that this summons be published in the Crook County Journal, a weekly newspaper printed and published in Prineville, Crook county, Oregon, for a period of six consecutive weeks. The date of the first publication of this summons is April 30, 1914.
M. R. ELLIOTT,
Attorney for Plaintiffs.