



Economy Hints

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

How to Utilize Stale Bread.

THE bane of many a housekeeper's existence is stale bread. Some women are such careful managers that they never have a piece of stale bread that they cannot find a use for, but others are not so efficient. This mismanagement is more often due to want of thought and plan than to careless tendencies. It is well to know that when bread begins to get stale it can be freshened by wrapping it in a wet cloth and placing it in a hot oven. Instead of laying the slices left from a meal aside to dry, place them back against the loaf and wrap a piece of clean cloth about them. Turn the loaf on the slices of bread, and the moisture from the loaf will keep them so fresh that they can often be used the next day on the table. Wax paper can be used instead of the napkin or piece of linen.

It is a splendid plan to keep leftover bread and crusts that cannot be used any more in a bag of cheesecloth. The bag should be hung in some out of the way place, where the air can circulate around it, but where it will be protected from the dust. When the bread is quite dry it should be rolled on the biscuit board with the rolling pin or run through the food chopper until fine.

Bread that has been hung in the air to dry in the cheesecloth bag should be ground into breadcrumbs at least twice a week. It is well to dry the stale bread in the oven after it has been made into crumbs. They should be stirred to hasten the process. When they have been thoroughly dried and toasted they should be set away in glass jars in the cupboard.

When cutting a loaf of bread place a piece of waxed paper on the bread board and after placing the bread in the pan pour the crumbs that have remained into the handy little jar that should be kept near by for the purpose. As the crumbs are toasting in the oven add those that come from cutting the bread.

Of course it is needless to tell the uses of breadcrumbs. They can be used in so many ways, not only in frying oysters, breading cutlets and sprinkling on top of baked dishes, but also in dry cleaning. New breadcrumbs can be used for cleaning gold and white lace. They should not be toasted if they are to be used in this way, but applied with a clean cloth. When they become soiled fresh crumbs should be used.

CARE OF CORSETS.

How to Prolong the Life of Expensive Pairs of Stays.

The care of an expensive corset prolongs its life for weeks and even months. So the woman who buys expensive corsets ought to know how to take care of them.

First a word about expensive corsets. They are real economy for the stout woman. She breaks a cheap corset in a week or two and never feels comfortable or looks well in it. An expensive corset, made of stronger materials, boned, perhaps more flexibly, surely more serviceably, wears five or six times as long as the cheaper one. The slim woman can well wear cheap corsets. If she is slight and of normal proportions, these will doubtless feel quite as comfortable and look quite as well as the more expensive sort. Then she can indulge in the luxury of getting a new one as soon as the old one is worn or soiled.

The expensive corset must be sent to the professional cleaner occasionally. It is possible to clean a corset at home, although it will not look as well as one cleaned by professionals. The corset should be stretched out on a board and scrubbed with a brush dipped in soapy warm water to which a little borax has been added. It should be scrubbed until as much dirt as possible has been removed, and then it should be rinsed in clear water; then it should be pinned out flat on a board to dry in the air, but not in the sun.

The Frenchwoman follows a good plan. She has several corsets all the time and alternates wearing them. The ones not in use are aired and then wrapped about a wooden cylinder, to which they are neatly pinned or tied. They are then wrapped in tissue paper or in a muslin or silk case and laid away until needed.

How to Keep Your House Clean.

A shoe duster and a long handled overshoe remover are things that will add to the comfort of any family if they are hung in a convenient place near the hall entrance throughout the winter and early spring rains. They can be homemade. The duster may be made from a piece of old blanket or any thick woolen material, cut into a fringe and tacked to an old handle of a fender duster or just a stick, so that dust may be flicked from the shoes without any stooping.

The overshoe-remover may be made by using a stick about a yard long and the lower end cut into a strong and capable shoe horn. In this form one can stand upright instead of getting smeared by the dripping and mud raked shoe.

HOW TO UTILIZE AN OLD RAINCOAT.

Rip it apart and wash it thoroughly and then fashion it into— A large apron for household use, good for scrubbing and washing wear.

A chemistry apron for the daughter in high school. Dusting cap and sleeve protectors. Cases for sponges, brushes and toilet articles.

A cover to tie over the laundry basket.

A lining for the laundry basket for the housekeeper who sends soiled linen to the "wet wash." It will save uncomfortable drip from the basket and save mopping the floor.

INSOMNIA RELIEF.

How to Rob Sleeplessness of Some of Its Terrors.

Insomnia and sleeplessness are robbed of many of their terrors if their victim looks at them in a sensible way. The very worst thing to do when sleep fails to come is to worry about it and finally work yourself into such a state of nervousness that night and darkness seem all surrounding and never ending.

The victim of sleeplessness should make her wakeful hours as comfortable as possible. If she cannot train herself to lie still, relaxing and resting, she should provide herself with such comforts as are necessary to make the midnight vigil bearable, even pleasant.

Sometimes simple little devices bring the desired sleep. One remedy is this: Close the eyes and turn the eyeballs as far toward the top of the head as possible. This is their normal attitude during sleep, and this attitude, persistently held, often produces sleep. One woman cured herself of real insomnia in this way.

Sometimes a drink of warm water will produce sleep. There is now on the market a little metal cylinder which is attached to the electric light socket by a wire. When the current is turned on the cylinder becomes hot, and if it is placed in a glass of water the water soon boils. A glass of water, covered, and this cylinder on the bedside table would make hot water at any time in the night convenient.

Reading, of course, is the solace of the sleepless. The light should be good. Brackets to hold electric bulbs securely on the rungs of a brass bed are sold. Bedside lights on tall brass or wood standards are also sold.

Reading in bed is not injurious if the light is good and if the book is held in the proper position. It should be so held that the light strikes full on the page without glaring in the eyes. It is usually more comfortable to sit in a half upright position than in a reclining one. A comfortable pillow or two should be ready at hand to support the back and head.

Eating often induces sleep. Bread and butter sandwiches, wafers, a little fruit—anything that has been found satisfactory—can be prepared beforehand and placed on the bedside table for the sleepless one's feast. If hot milk does the work it can be kept in a vacuum bottle, or it can be heated by the electric cylinder.

CARE OF THE BABY.

How to Make the Little One Comfortable and Happy.

The crawling baby should have creepers over the little dresses. These can be made of inexpensive materials that will wash, and it goes without saying that little dress articles of this sort are a great saving in the washing.

There is a useful little supporter resembling the masculine suspenders worn by the small child to keep the undergarment in place. The strap extends to the waist, where it is provided with a clasp, to which the garment in question is attached. The clasp is easily adjusted when the garment needs changing. It gives more freedom to the limbs since the garment does not need to be pinned so tightly to prevent it falling.

When the baby cannot wear the flannel band without causing irritation of the skin let him wear a soft linen shirt beneath the band. The linen is soothing to the skin. Nursing bottles can be cleaned much easier if washed in cold water as soon as used and the nipples dropped in a cup of cold water that has a little saleratus added and then washed with hot water before using.

Silencers made of Turkish toweling can be used under children's plates at the table. They are also useful in protecting the smooth surface of the serving table.

Serious accidents having occurred to babies through their catching hold of the blades of sharp instruments, the following hint will be useful: Do not try to pull away the instrument or to force open the hand; but, holding the child's empty hand, offer to its other hand anything nice or pretty, and it will immediately open it and let the dangerous instrument fall.

How to Fold a Man's Coat.

The right way to fold a man's coat when he is preparing to go on a trip, declares a housekeeper of experience, is to lay it out perfectly flat, with the wrong side down. Then spread out the sleeves and fold back the elbow until each end of the sleeve is even with the collar. Fold the revers back and then double the coat over, folding it directly in the center seam and then smoothing it out carefully.

THE SWINEHERD.

Keep the pigs warm. They will grow all winter if conditions are right, says the Farm Journal.

With bacon at 25 or 30 cents a pound, it pays to keep pigs and keep them right.

If the hogs are warm and comfortable it takes less food to keep them thrifty.

The breeding sows should have a combination of foods and very little corn.

They must have some succulent foods—roots, vegetables, etc., and clover hay.

The brood sows must have exercise to be healthy. Bad luck with them can always be traced to ignorant or careless handling by the owner.

Separate the breeding sows as they begin to grow heavy.

A jam from a boss sow may cause the loss of the pigs and the sow too.

SHEEP ON SMALL FARMS.

Economical Meat Producers and Valuable as Weed Destroyers.

In discussing the future meat supply in a recent government bulletin one of the writers said: "Sheep are not generally profitable to the farmer. Their numbers are slowly decreasing nearly everywhere except on the ranges, and the latter are so fully stocked that not much increase is to be looked for in that direction. There is no probability of any considerable future increase in the number of these animals."

It would seem that this writer is overlooking the possibilities along the line of sheep growing as a small farm industry, says the Kansas Farmer. Properly handled there is no more profitable farm animal. Another writer in this same bulletin seems to give the sheep more consideration as a meat producing animal. This writer takes up in detail the various ways in which the average farm can get into the meat production business. One of the possibilities he mentions is: "By raising sheep more extensively in the corn belt and in the eastern states. The importance of the wool industry causes farmers to overlook the value of sheep, for mutton and as weed destroyers. A small flock of sheep of one of the mutton breeds should be kept on every farm to graze the roadways, the stub-



The Oxford Down sheep is very popular with those farmers who desire an animal that will produce a good mutton carcass and at the same time give a good account of itself in wool. It is a ready fattening sheep and is seen at its best when crossed with another Down breed. Admirers of the Oxford say that it combines size, weight of fleece and the thickness of flesh of the Cotswold with the compactness and form of the Hampshire, from which it originally descended.

ble fields after grain is cut and the cornfield after the corn is full grown. Both wool and lambs are salable."

Many a farm would be a more profitable enterprise as a whole if a small flock of sheep was added to the live stock equipment. Sheep reproduce more rapidly than cattle and come to maturity at an early age, rivaling swine in this respect. Being ruminants they handle the same class of feeds as cattle and are far more useful than cattle as gleaners of waste. The meat is very healthful and, as the carcass is small, furnishes possibilities in fresh meat, which would be most acceptable on most farms, especially during the summer season. This alone should give a few sheep a place on every farm. On some farms chicken is the only fresh meat available during the summer season. Even fried chicken becomes monotonous when it is the only fresh meat appearing on the table for days at a stretch.

Tying the Herd Bull.

There are various ways of tying the herd bull. It is not an uncommon practice to keep him in a stallion, and some tie him to a low manger with one rope around the horns and another tied to the ring in his nose. We have always felt that it is a better practice to keep the herd bull in a box stall open at the sides, arranged so he can see the herd. This makes him feel that he is part of the herd. A stall of this character gives the bull an opportunity to move about, which we believe is to his advantage.—Hoard's Dairyman.

Ringworm in Calves.

Ringworm is very common in calves at this time of the year. Scrub and scrape the spot perfectly free from scales and scabs and then rub in some iodine ointment. Repeat the application each other day and the trouble will soon subside. Isolate the calf, as the disease is contagious. Clean up, disinfect, whitewash, perfectly ventilate and sunlight the stable, as ringworm is due to a vegetable parasite (Trichophyton tonsurans) which lives on damp walls and woodwork in insanitary stables as well as on animals.



Cruel. Bessie—Her face is her fortune. I suppose? Edith—No; only half. She has 30 cents in a bank.



Getting Rid of the Landlord. First Suburbanite—What do you do when you haven't your rent when the landlord comes? Second Suburbanite—Tie the dog in the front yard.



A Welcome Caller. Collector—I've been coming to this office for this bill for the past five years. Mr. Nopay—I want to compliment you. You dress so stylishly some people think you're a wealthy customer of ours.—New York Globe.



A Contrary Father. Suitor—Do you think, Ethel, your father will accept me for a son-in-law? Ethel—I wouldn't be surprised. He always goes contrary to my wishes.



Making Comparisons. Magistrate (to prisoner who has been before him many times)—Ebenezer Snookes, aren't you ashamed to be seen here so often? Prisoner—Bless yer 'eart, sr. this place is quite respectable for some places where I'm seen!



Classified. Trump—Lady, kin I do something to earn a breakfast? I'm a first rate lawn mower. Lady—Go away! You look more like an old rake.

Death by Spotted Fever

Continued from First Page

He and Dr. Marsden of Burns compared notes on the disease but no definite treatment was established.

Dr. Belknap said: "It is only in the last 10 or twelve years that physicians have got much information on the subject. The disease is endemic in the Bitter Root Valley of Montana, Idaho, Wyoming, Nevada and Central Oregon. It is especially virulent in Montana where 70 per cent of those bitten die from the effects of the poison. In the other places mentioned the mortality varies from 2 to 3 per cent. The high dry valleys seem to add virulence to the poison. There is no known cure for the disease. The tick probably feeds on sage rats and other vermin and when distended with blood drops off on the ground and from there finds its way to members of the human family. The bite effects all ages and both sexes alike and is dangerous from early March to July. The treatment is symptomatic."

Why Are Some Folks Human Grasshoppers?

By MOSS.

THEY called him "Freight Car Freddy." He was slow, but somehow sure. He got there in his own peculiar time and route. Freddy was not a hobo, but a rising young man in a class all his own.

They also called him "Freddy, the Human Grasshopper." You never knew where to find him.

Freddy was the antithesis of himself—if you can get that. He was the Dr. Jekyll and Mr. Hyde of motion. Now you see him, as slow and deliberate as a freight car, and now you don't, as fast and elusive as a grasshopper. It needed a magician to keep tabs on this very real Freddy.

The land of newspaper readers has a few Freddies. One time they start on their trip through the paper and proceed slowly, stopping at every way station. The next time they jump here and there through it in a way to make the average grasshopper green with envy.

Be a freight car if you must, but don't be a grasshopper. Better, be neither.

The sensible newspaper reader is MODERATE. He's not a phodder or a skipper, but a PICKER. Are you following CONSISTENTLY the ads. in this paper that appeal to you?

How's Your Sight?

By MOSS.

WAKE up! Rub your eyes hard. Open them wide. See what you look at.

Success is based on good eyesight. The faculty of observation is one of your most prized possessions. Don't waste it. Don't limp along through life in a daze with your eyes half closed—as many do, unfortunately.

Stupidity crawls along with eyes that see not.

He who sees enjoys most in life. Seeing is profitable. One way it is profitable is in actually seeing what you look at when you glance at the advertisements inserted in this paper by the business men of this community. KEEP YOUR EYES OPEN!

When a man marries he fully intends to be No. 1 in the family, but in many cases the period drops out.

A Boston man says mustaches ought to be prohibited by law. What would that fellow do to sideburns?

A million dollars is a large sum for a flight around the world. Men have tried it for less and been caught by detectives before they got half around.

The prophet who specializes on what will happen a century or so hence does not run much risk of being personally contradicted by the course of events.

Professional Cards.

Dr. Howard Gove Dr. N. Morrison

DENTISTS

Crook County Bank Building

Bennett, Sinnott & Galloway
Attorneys-at-Law

General Practice
THE DALLES, ORE.

N. G. WALLACE

Attorney-at-Law

Rooms 3-4-5 Kamstra Bld'g
Prineville, Ore

J. B. Bell A. W. Sims
Crook County Abstract Co.

(Inc) Successors to
The J. H. Haner Abstract Co.
Prineville, Oregon

Abstracts Insurance

Prof. A. W. Grater,

Divine Healer

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

J. Tregelles Fox

M. R. C. S. Eng; and L. S. A. London;
Licentiate Oregon State Medical Board.
Specialist in Surgery; Hygiene; All-
imentary 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

J. K. Rosenberg

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

Prineville, Oregon.

Chas. S. Edwards H. P. Belknap

OCCULTISTS.

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

D. H. PEOPLES

Civil and Irrigation Engineer
Room 11 Adamson Bld'g
Prineville, Ore.

E. O. Hyde

Physician and Surgeon
CALLS ANSWERED PROMPTLY DAY OR NIGHT
OFFICE ONE DOOR SOUTH OF ADAMSON'S
DRUG STORE. BOTH OFFICE AND RESI-
DENCE TELEPHONED.

Prineville, Oregon

W. A. BELL

Lawyer
The Dalles Oregon

M. R. Elliott,

Attorney-at-Law
Prineville, Oregon.

M. E. Brink

Lawyer
A street, Prineville, Oregon.

Willard H. Wirtz

District Attorney
Office in Crook County Bank Bldg.
PRINEVILLE OREGON

I. O. O. F. Lodge meets every Tues-

day night.
Strangers welcome.
T. L. Coon, N. G.; Estes Short, V. G.;
Percy R. Smith, Secretary; C. B. Din-
widdie, Treasurer.

Notice to Creditors.

Notice is hereby given by the under-
signed, the administrator of the estate
of Lavina Templeton, deceased, to all
creditors of said deceased and to all
persons having claims against said es-
tate to present them with the proper
vouchers to the undersigned at my office
in Prineville, Oregon, within six months
from the date of the first publication of
this notice.
Dated and published first time May
28, 1914.

A. R. BOWMAN,
Administrator of the estate of Lavina
Templeton, deceased.

Bids for Wood Wanted

Notice is hereby given that bids for
80 cords of four-foot body pine
or juniper to be delivered at the
Crook County High School, Prine-
ville, Oregon, on or before Sept. 30,
1914; and also for 100 cords body
pine or juniper to be delivered at the
courthouse, Prineville, Oregon, on
or before Sept. 30, 1914, will be re-
ceived by the undersigned.

Bids must be filed with the county
clerk on or before July 1, 1914. The
right is reserved to reject any or all
bids.
WARREN BROWN,
County Clerk.

Jersey Cows for Sale

Anything from calves to milking
cows. All young stock of high
grade. Prices reasonable. Phone or
address, L. B. LaFollette, Prineville,
Oregon. 3-5