

## Efficient Housekeeping

BY HENRIETTA D. GRAUEL.

### A Rice Pie

This is an American Southern dish, and it is one of those good combinations that may be made any place.

Chop up whatever cold meat you have. If it happens to be veal, put a little bacon in with it, or a bit of ham added will improve the flavor. Mutton is a good meat to use in this dish, but trim away the bits of fat and use a little bacon dripping (as mutton fat is a bit too strongly flavored). If you use cold pork, add a small onion minced fine. To make the "pie", line a glass baking dish or a casserole, well greased, with cold boiled rice; season this lining with salt and pepper and set it to one side while you mix the filling. Put the plate of cold, chopped meat and one large, diced, cold, boiled potato in a frying pan with a little fat, and brown them well. Add sweet herbs or other seasoning, and if the meat was tough before, you may pour in a cup of stock and let it simmer away after the meat is browned. Press half a pint of canned tomato through a sieve to remove the seeds, and pour this over the meat and put it all into the rice shell carefully, so the sides are not disturbed. Put this into the oven and bake until the rice looks brown through the glass, but don't let it cook too dry. Chicken and rice baked together, in this way, is a favorite dish in the rice country. Use potato with rice and fowl, but omit the tomato and the onion.

A beef heart stuffed with rice and served with brown gravy, is a combination that may be achieved in a casserole or glass baking dish. Long, slow cooking is the secret of this mode of preparation, and dishes so cooked are foods of rich flavor. It is better to choose two small hearts than one very large one. Calves' hearts are more tender still. Cut out the ventricles and trim neatly, then soak them an hour in cold, salted water. Freshen and drain, then fill with creamed, cold, cooked rice. Pack the stuffing in well, and skewer a cloth over the top to hold it in. Set the heart or hearts in the baking dish and place potatoes or a vegetable mixture around them so they will remain upright. Add enough water to almost fill the dish. Simmer gently until very tender. Thicken the liquid with flour mixed with milk, and serve in the baking dish.

Veal Birds with a nest of rice, is a third suggestion for using cold rice and potatoes, or rice and veal alone. Slice cold veal or use filets of veal boned and flattened with a cleaver. Spread a force meat over them made of rice and seasoned with minced bacon or ham, salt, pepper and a little curry. Roll the birds up separately and tie with a string; put them in the baking dish or baking platter. In the center, put rice or diced potatoes and dust it all over with flour. Pour in a little boiling water or a few spoonfuls of broth or, best of all, a pint of gravy. Bake until each bird and the center of rice is browned; baste and bake again. When the birds are brown, crisp and beautiful, slip off the strings without spoiling their shape, and take the dish at once to the table.

It is time to think about plans for Christmas especially if the housewife happens to be a "newly-wed" and this is her first Christmas in her own home. It is high time for brides to be getting out recipes and making the menu for the Christmas dinner. For this is going to be the happiest Christmas we have ever had—our Victory Christmas!—and we must celebrate it without a "hic" in our plans; our preparation, therefore, must be perfect. Here are a few recipes which the bride, at least, will welcome:

Pumpkin pie is one hearty sweet that is not deified us and when you make it you can cook enough for all winter and can it for future use. This is a saving, for preparing the pumpkin takes considerable time. The usual way is to pare and steam it, but the old-time way of baking it, will make the flesh drier and richer. Try it. Cut the pumpkin in half, remove seeds, place in moderate oven, and bake until tender. Remove the skin formed by the heat, and scrape out the cooked pumpkin. Allow one cup of this pulp for each pie. Put the remainder in a jar and sterilize twenty minutes, seal, and it will keep splendidly. You may add the seasoning and sugar when you can it, or when you open the jar.

To each cup of pumpkin add one level teaspoonful salt, butter the size of a walnut, one half pint milk, a half teaspoon each of cinnamon, mace, ginger, one half cup sugar, yolks of two eggs. Bake this in a deep pie dish with a rich under crust. It is done when the custard breaks away from the sides of the pastry and is firm to the touch in the center.

Cranberry sauce is another dainty which we all love. It is the proper accompaniment to turkey; it is delicious with ham, and adds flavor to any meat, besides beautifying even a plainly-set table with its ruby color.

There is a difference between cranberry sauce and cranberry jelly; one is firm and the other soft. The sauce is made by putting one pound of berries into a syrup made of one cup of white corn syrup, one cup of sugar, and one and a half cups of water. Wash the berries and, when the syrup is boiling briskly drop them in. They will pop in about three minutes; at once add a tiny pinch of soda and remove from the fire. They will cook a little more after they are off the fire, but not enough to lose their shape. Cranberries must not be cooked in salt.

To make cranberry jelly, wash and pick over one pound of them, add a pint of boiling water, cover and cook hard until they have all burst. Strain this, and to the liquid add one pound of granulated sugar. Boil ten minutes

and pour into moulds. This will keep just as any jelly does.

Decidedly "woman's sphere" has been struck by an earthquake and absolutely destroyed. Every day women find that women are competent for new duties. The fixed, forbidding role of other days—"Thus far shalt thou go and no further."—is brushed aside, and the whole, glorious world with all its delights and unbelievable beauties, beckons women on and on.

Women without domestic ties went first; then married women without children and widows, followed those who had hacked and hewed a narrow path. They all found they had a head for business. They all understood how to grasp details, because woman's work, for centuries, has been a thing of minutiae. Think of what every home woman has to have in mind daily—baking, washing, ironing, sewing, buying, nursing—trades, all of these yet every one must be well understood by the home woman. Then, beside, there are the little duties like scrubbing, dishwashing, scouring, dusting, stove-blackening, mending and a thousand others. These things all need skill, so that when our men were called to national service, they left behind them an army of skilled workwomen.

Women are skilled because they must always be ready to do the next thing. Any woman who has a thorough understanding of good housekeeping—who can do her home work well—is a success. Such women are ready to go into the world to do work. How longingly she looks back to the days when she was sheltered in her home, her employers will never know. How she keeps the home fires burning still, in spite of being away from them eight hours a day, is a surprise even to herself. Yes, "a woman's place is in the home"—but it is not her only place.

Every girl should be taught the trade of housekeeping so that she may know how to look after her own home; but what use is this trade, if she never has a home to keep? It is a melancholy fact that women have appetites; they get as hungry as men. And so the girl should be given a trade, as well as the boy. It is far more serious for girls to be left alone into the world without means for self-support, than for boys to be so stranded. Doctor Talmadge was one of the first public leaders to urge parents to teach their girls business habits. He said, "I would rather see my daughters safe in their caskets, than alone in the world without business training."

Schools now teach manual training and domestic arts to boys and girls as a matter of course. Boys take the cooking course, sometimes, and many girls are found in the classes of metal working and carpentry. The bars are down; the road is open to all. Women's life, once the dishes are washed and the house in order, is no longer a perpetual holiday. Housekeeping is easier, but life is broader, fuller and happier because we know that 100 cents make a dollar, and how to say "no" and mean it, and how to say "yes" and stick to it. We dress, now, for health and comfort, and fit our incomes to our needs, and we are just as womanly and lovable as we ever were, even if our sphere is the same as man's.

Little Harold came to the porch steps where Mrs. Sidney stood clear starching her ruffled curtains. "My rabbit is gone," he declared, his up-lifted blue eyes full of trouble. "Did you see it?" "Yes, dear," said Mrs. Sidney. "It is under the steps now, and if you sit down and watch for it, you catch it when it hops out." So little Harold sat down to watch, and he talked while he rested. He said, "My maver says she should think you would have a electric motor fixed to your machine like hers is; she says she thinks you could, if you didn't spend so much buying other things." No answer from Mrs. Sidney.

After a pause Harold began anew. "Guess you didn't see my bruvver Dan, this morning? He sold all the lead pipes from that empty house, over there, and when the man that owns it came and told my faver, he heard him through the transom and he run off. Say, Mrs. Sidney, do you know my bruvvers scold my maver all the time, and so she never asks them to help her; but she tells my papa, and every night when he comes home he has to whip 'em. But I help, I do. I hang up things for my maver, and put things away, and set the table, and she never cries about me. Last night she cried, she did; she cried about Bunny being gone. I know she was not crying about Dan 'cause he swears. He said your boy taught him, but you wash your boys' mouth with soap and water (I looked through the fence and saw you). Say, Mrs. Sidney, would you please give me a apple for Bunny? My faver won't buy apples; he says we boys waste our food and maver says it's worse to smoke up money than to waste other things. How can you smoke money, Mrs. Sidney?"

"There goes your rabbit, Harold Quick, now, and you can catch him! Here is your apple, and you had better run home." And Mrs. Sidney, rather flushed of face and wild-eyed, stood looking after the little chap as he lugged the big rabbit home by its ears.

She thought no more about the visitation, until Harold's mother passed her on the street with head held high and eyes averted. Mrs. Sidney was too sensible not to take her neighbor to task at once. "What is the matter?" sniffed the angry mother. "A great 'eal' is the matter. You told Harold my boys were lazy, and you gave him fruit because you said his family would not buy it; and you told him your boys had clean mouths. It is not

kind to gossip to a child, Mrs. Sidney, and we are very angry about it." In vain did Mrs. Sidney declare she had not said a word to Harold, but explanations went unheeded and Bunny no longer roams through his neighbor's lettuce patch. He is locked in a hutch. What use do you make of the intimacies of your home? Do you use

### Intelligent Food Conservation

It is a glorious truth that women far and wide realize the importance of not slacking up now, on their habits of care and economy in the kitchen. I have had many, many letters from my readers, which prove to me that housewives now, as much as during the fighting days, are endeavoring to be frugal, in order that others may not suffer for lack of food supplies. Many of these readers have taken up the study of dietetics, in order to learn how to save more intelligently. And to those who have not thought of studying food values, I would say that cooking is a subject which cannot be gone into too scientifically, and I urge all housewives to think about this.

Meat is our principal protein food and proteins build the muscles of the body. If meat is taken away, other protein food must be used in its place to maintain health and strength. But if meat is served, meat substitutes are not needed. Understand this very simple principle, and you will save meat (which is so greatly needed for transportation), money and health, and will also be able to utilize foods that now are not half appreciated.

Books on food values are so numerous and so reasonable—indeed, they can be had at public libraries, without the expenditure of any money whatsoever, if one cannot afford to own one—that only a lack of interest stands between the housekeeper and a proper knowledge of dietetics.

Any article of food will do to begin your lessons with. A potato is good, for it contains starch, sugar, water and cellulose, and heat changes its character remarkably. Then study meat, eggs, cereals, their production, many uses, and combinations. One of the most engrossing things to read, is the history and application of cold storage. When you understand what a deep problem cold storage is, you will be more anxious to preserve carefully the foods that come into your hands.

Cooking is one of the divine rights of women, and when you understand its first elements you will not be able to resist its charm. It embraces all the essentials of life. It teaches how food repays the wasted forces of the body, and why the body needs to be re-created by certain properties found in correct foods. A scholarly cook understands why air is important in life, and she can describe oxygen, combustion and ventilation and can apply this knowledge to the saving of fuel and to the selection and use of fuel to keep the home full of pure, fresh air (thus avoiding colds, influenza and similar illnesses).

Then, the study of water teaches one how to boil; and this is important, whether you are making coffee or boiling clothes. The danger of impure water, or water from badly drained wells, or that which has stood in lead pipes over night, cannot be magnified, and its importance should be understood by all. After water, comes the desire to know something about the chemistry of cleaning and the care of bedding, beds, floors, walls, sinks, refrigerators; the disposition of cooked and uncooked foods. And, finally, what makes a healthy, well-managed home, is understood, and ever after these questions will answer themselves as they appear.

Tomorrow—A Rice Pie

### Wednesday's Mail Bag

"Do you recommend the purchase of glass and aluminum, and such expensive wares for kitchen use, when help must be kept?"

Reply—This is a case that must be governed by circumstances. If you have heavy-handed, careless servants, or are constantly changing maids the glass cooking dishes will be broken shortly. Aluminum is as lasting as any material, only its beauty suffers from harsh treatment. Try to make your maids appreciate the care you have taken in stocking your kitchen, and if they act like vandals, keep your good ware for times when you go into the kitchen and buy coarser things for the indifferent help.

"Kindly give directions for making cottage cheese."

Reply—Let the milk sour until it becomes clabber. This may be hastened by use of gentle heat. Turn it into a cheesecloth bag and hang it up to drip over night, or until the whey has separated from it. It is now ready to use. Merely add salt and cream to it. If you want to press it, to give it a fine grain, turn it into a crock and weigh it down with a board and a stone.

"Where can I buy a wig for a doll, also new arms, or must the doll be sent to the factory?"

Reply—Many large stores conduct "doll hospitals" and remake disfigured dolls beautifully. You can order the parts, however, through any dealer who sells dolls. It is not difficult to make the repairs yourself.

"Last winter you spoke of personal experience with egg layers, and said you would give a list of best varieties to keep. If you ever did this, I missed the paper. Please tell me the best chicken to lay."

Reply—A fowl that is heavy enough for table use, will not lay well, usually, after she is four years old. The best general purpose hen, is the barred rock. Leghorns are perfect egg-making machines. One hen "Lady Raglanine", a famous white leghorn, laid 324 eggs in 365 days. My prize egg-laying hen is a black minorca. She has laid 200 eggs each year of her life since she was a yearling, and is now five years old. The average number of eggs laid eighty a year. Large hens eat a great deal more grain than smaller breeds, and this is an important consideration too.

"Where can I sell bees' wax and

## RED CROSS XMAS ROLL CAPTAINS APPOINTED

Thomas W. Sullivan, campaign manager for Clackamas County for the Red Cross Christmas Roll is busily engaged in mailing out his circular letter to the various captains of the county. There are 312 captains, and these are to appoint as many assistants as they desire, and are to canvass the territory assigned them by the campaign manager.

The following are the various districts and their captains:

Milwaukie—Mrs. Pearl D. Wissinger.  
Elliott Prairie—August Reichal.  
Canemah—Mrs. H. H. Jones.  
Lower Logan—Mrs. W. P. Kircham.  
Glad Tidings—John A. Ridings.  
Rural Dell—George M. Christensen.  
Curtainville—W. M. Wade.  
Logan—Mrs. Carrie Cromer.  
East Clackamas—W. S. Daywalt.  
Meadowbrook—M. D. Chindring.  
Engles—Albert Engle.  
Garfield—E. T. Davis.  
Welches—Mrs. Esther Norton.  
Viola—Pearl E. LaCroy.  
Beaver Creek—Mrs. S. P. Long-

ergan.  
Marquam—Rev. Coleman.  
Eagle Creek—A. D. Burnett.  
Mundorf—William Beeson.  
Keiso—Mrs. Robert Jonesrud.  
Macksburg—J. W. Smith.  
Linn's Mill—George Clausner.  
Oak Lawn—P. J. Schneider.  
Wilsonville—Mrs. J. C. Chalupsky.  
Springwater—W. A. Bard.  
Dicky Prairie—C. E. Ramsby.  
Union—Mrs. S. S. Dallas.  
Maple Lane—A. J. Lewis.  
Concord—John F. Risley.  
Carus—G. R. Gwillim.  
Stone—Mrs. Mary Hatten.  
Rock Creek—G. R. Hobbs.  
Clarks—W. J. Clarke.  
Highland—Mrs. Ida Fellows.  
West Linn—James H. Cary.  
Molalla—William Everhart.  
Liberal—V. H. Dunton.  
Hazel—David E. Long.  
Marks Prairie—Mrs. Bertha I. Kop-

per.  
Beaver Lake—Mrs. M. J. Groshong.  
Marmot—R. A. Teneyck.  
Advance—Mrs. B. Koellmerer.  
Tracey—L. J. Palmateer.  
Leland—Hugh Jones.  
Evergreen—Mrs. N. McKilleen.  
Sunnyside—M. Townsend.  
Old Colton—W. S. Gorbett.  
New Era—Mrs. Blanche Brown.  
Dryland—Mrs. Eugene Mitts.  
Redland—A. M. Kirchem.  
Monte Cristo—Mrs. Mary Birchett.  
Damasus—Mrs. J. C. Elliott.  
Dodge—E. B. Lacy.  
Meridian—Mrs. C. C. Oldfield.  
Shubel—Mrs. A. Hornshuh.  
Union Hall—Agnes Noble.  
Graeme—Mrs. J. M. Say.  
Dover—H. H. Udell.  
Mullno—E. J. Maple.  
Henric—W. W. Harris.  
Canby—Dr. H. A. Dedman.  
Wilhoit—Ralph Hardy.  
Porter—Ralph Hardy.  
Barton—H. F. Gibson.  
Hazeldale—Edna O. Buckner.  
Ninety-One—A. F. Weaver.  
Yoder—Mrs. F. S. Hart.  
South Oak Grove—O. H. Wright.  
Deep Creek—Carl P. Hansen.  
Timber Grove—Tom Grace.  
Mountain Road—John Kaiser.  
Barlow—Lydia L. Irvin.  
Union Mills—Miss Rosa Mulvaney.  
East Mt. Scott—W. A. Ulrich.  
Hood View—George B. Murray.  
Falls View—Mrs. Clara France.  
Eldorado—H. F. Dietrich.  
Oak Grove—Mrs. D. C. Bates.  
Willamette—Harry Greaves.  
Spring Brook—Mrs. E. L. Commons.  
Cottrell—Mrs. E. E. Van Fleet.  
Estacada—Mrs. Jesse M. Bartlett.  
Twilight—H. H. Harvey.  
Lone Elder—J. F. Nordhausen.  
Highland—R. B. Mason.  
Bear Creek—H. F. Eymen.  
Salmon River—Antona Nickleson.  
Jennings Lodge—Mrs. Bertha M. Hart.

Gladstone—F. A. Burdon.  
Fir Grove—G. C. Armstrong.  
Northern Logan—Mrs. A. F. Sloper.  
Ely—August Rothenburg.  
Wichita—Mrs. S. L. Mullan.  
Clairmont—Mrs. J. R. Gaffney.  
Alberta—Mrs. Jessie Mayfield.  
Mt. Hope—Mrs. Nora B. Shaver.  
Ardenwald—Mrs. Edith N. Aitnow.  
Greenwood—C. B. Chow.  
Hillcrest—Carl Powers.  
Echo Dell—J. W. Linn.  
Orient—Morris Wheeler.  
Frog Pond—Charles Thompson.  
Pleasant Valley—T. P. Campbell.  
Aurora—Mrs. Cora Westcott.  
Tualatin—U. M. Elspagh.  
Pleasant Hill—W. F. Young.  
Parrott Mountain—Frank P. Zeh-

ring.  
Alma—C. C. Lowe.  
Butteville—Napoleon Davis.  
Ladd Hill—Mrs. C. H. Ives.  
Scotts Mills—J. M. Anduson.  
Pleasant View—Ernest Johnson.  
Cole Creek—F. A. Hilton.  
With A. R. Jacobs, of Oregon City, as captain of Oregon City, he will make his appointments for other captains of the various districts of the city, and the work will commence in this city and throughout Clackamas county Monday morning.

E. G. Caulfield is treasurer; Mrs. F. W. Gardner, secretary; J. E. Hedges, chairman of the speakers' committee; E. E. Brodie, chairman of publicity committee, has appointed oth-

# Victrola

The Best Christmas Gift Of All

It isn't the beautiful cabinet work nor is it the graceful lines of the Victrola that make people want one, but the fact that there are greater possibilities of musical enjoyment to be found in a Victrola than in any other instrument which the ingenuity of mankind has been able to produce.

A piano—no matter how superb in tone or how beautiful its design can produce nothing more than piano music—the Victrola reproduces everything and more than that it reproduces the best of everything.

The Victrola is the "open sesame" which admits you to the enjoyment of all the music of the world.

It reveals to you in their grandeur the musical gems of the ages. It brings to you the art and personality of the most famous singers and instrumentalists. It presents an endless variety of melody and mirth to suit your every mood.

That is the charm of the Victrola, and right in your own home you can have ready access to this inexhaustible supply of musical riches and enjoy them at your pleasure.

Prices \$22.50 to \$275. Terms so easy that you can pay for yours and never miss the money.

## Huntley Drug Co.

Exclusive Victrola Dealers

There is no Victrola but the Victor with "His Master's Voice" Trade Mark.



## ASSUMED NAME CAUSES MARRIED MAN TROUBLE

Portland, Dec. 5.—Suggestion to construct a Victory memorial highway to Mount Hood is contained in the offer of George W. Joseph to dedicate to the public the rights of way of the Mount Hood & Barlow Road company without cost.

"Believing that a suitable memorial should be erected by the citizens of Oregon commemorating the return of our victorious soldiers and sailors, and that what may be termed a Victory or Liberty highway would be a proper recognition of their valiant service," said Mr. Joseph, "I would suggest the construction of a highway between Portland and Mount Hood.

"Being sole owner of the rights of way of the Mount Hood & Barlow Road company, I offer the same to the public without charge."

The Barlow road across the Cascade mountains is one of the pioneer institutions of the state and over it came most of the early immigration. For many years it has served as the main route of travel between Eastern and Western Oregon and to Mount Hood.

When told that it was his wife, the other woman began to curse him and struck him over the head with a bottle, causing a bad wound and then she drew a gun and shot him twice in the arm.

The plaintiff claims that the other woman alleges that Hughes had made his home with her and that she is how shall I prepare it for the market?"

## MRS. D. H. TAYLOR IS LAID TO FINAL REST IN MOUNTAIN VIEW

Funeral services over the remains of the late Mrs. D. H. Taylor, who died at her home at Missoula, Montana, and brought to Oregon City for burial in the family lot in Mountain View cemetery, were held from the funeral parlors of Holman & Pace Tuesday afternoon at 2:30 o'clock, with Rev. Seaman, pastor of the Presbyterian church, officiating. During the service a quartet composed of Mrs. W. C. Green, Mrs. Frank Shoenborn, Joseph Alldredge and James Shannon sang impressively "Rock of Ages" and "It Is Well With My Soul."

The following were the pallbearers: John F. Clark, William B. Cook, G. J. Noy, C. R. Livensay, Walter Taylor, of Portland, and A. C. Howland.

SALEM, Dec. 6.—The monthly financial statement of the state industrial accident commission shows a balance in the accident fund, on November 30, of \$1,438,618.38 and a balance in the segregated fund of \$1,510,356.04. The administrative expense of the office for the month was \$99,961.0.

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COPENHAGEN, Dec. 9.—The Ukrainian army has captured Lemberg, in Galicia, and is marching toward Przemysl, according to a dispatch from Ber-

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## RESTRICTIONS OFF

Sugar restrictions are a thing of the past.

No longer will the restaurant patron be doled out niggardly teaspoon of sugar for his coffee.

No longer will pastries lack that sweetness for which one hungers.

No longer must the housewife sparingly serve the sugar to the family, so as to make the allowance last throughout the month.

The lid is off.

A telegram from Washington announced the glad tidings to the food administration yesterday.

CABLES BROKEN  
NEW YORK, Dec. 11.—The crowded condition of the trans-Atlantic cables is partially due to the fact that seven out of the 15 cables in European service are broken.

## Dance! Dance!

A Program Delightfully Different

Real Music by the 20th Century Orchestra.

Demonstration in Correct Dancing.

Theodore and Lillian Newman

Old Fashioned Waltz Contest. Prizes and Surprises.

Moose Hall, Oregon City Saturday Eve., Dec. 14th

Your pleasure is our success "Always" Wright, Mgr.