

Efficient Housekeeping

BY HENRIETTA D. GRAUEL

Do Not Forget Barley

"Ogre" is the French word for "barley," and returning soldiers speak of "consuming a 'orge'" now, when they see barley soup...

them with the proprietor, you will learn that this surprise is not altogether true.

Very few Chinese are able to name the many ingredients used in the concoction of the most popular dishes served, so that you or I will understand what is meant. To secure even the most common ingredients for the sauces that are so important in their cookery, is often impossible.

The directions for Chop-Suey are often asked for. In the only recent hand book on Oriental cooking that we are familiar with, six recipes are given. This book is by Saraa House and Onoto Watanna, and is called: "The Chinese-Japanese Cook-Book."

Chicken and pork chop-suey or Gay Yut Chee Yuk lotus seed and bamboo sprouts and bean sprouts, are demanded. Plain chop-suey must contain water chestnuts, and sprouts of beans and bamboo.

You will find their teas, dried mushrooms, water chestnuts, soy sauce and rice flour, splendid additions to your usual supply of groceries.

Many excellent sauces are sold bottled; cherry blossoms crystallized; all kinds of fish spiced and dried in their peculiar style; sour, sweet, preserved and pickled ginger root; and dried "chicken necks" which is really turkey root candy.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

Here only the outward appearance of your treasures may be considered, the mental appeal made by stories on canvases, is strengthened by proper light, height and surroundings.

of life. Now the question will arise: "Will you go back to our old bad habits of bread making—using the whitest and weakest of the flours; or will we benefit by the great lesson we have learned, that a mixture of wheat and other grains gives a more wholesome loaf?"

The bran part of the wheat grain, found in wholewheat flour, contains minerals and salts necessary to health. The bran stimulates the digestive tract and helps digest all food.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Too much bran in bread does this: the mechanical action of the bran upon the intestines produces irritation; and so it is found that brown bread does not "agree" with half stomachs.

Constance—Cloves may be used with cinnamon, and both these spices are used with tomatoes. Whole cloves are pressed into ham that is to be baked.

Baker—Buckwheat thickens more than wheat flour, but it cannot be used for thickening sauces and gravies as you suggest (as you would quickly discover if you would try it).

M. B.—To make the polishing cloth for windows, silver and other similar uses, merely fill cotton flannel bags with a few teaspoonsful of whiting and shut the opening. Moisten the bag and rub over the surface to be polished, let this dry then rub with a buffer or cloth.

Thomas and Alice C. Hall to James Mikelson, 33 acres, 7 section 16, township 5 south, range 4 east, \$1.

Charles B. and Sarah E. Moore to T. B. Marshall, lot 35, Sellwood Gardens, \$1.

Ellen Ruth Rockwood et al to Frank W. Ward, lots 12 and 13, block 9, Ardenwald, \$10.

M. P. and Nancy E. Chapman, to Nan C. Cochran, part of lots 7 and 8, block 18, Oregon City, \$10.

Nan C. Cochran to M. P. and Nancy E. Chapman, part of lots 7 and 8, block 18, Oregon City, \$10.

G. S. and Mabel L. Smyth to Frank E. Jackson, land in section 18, township 2 south, range 5 east, \$1.

Arthur H. and Hattie J. Dowling to Barnett Howard, lots 5 and 6, block 3133, Milwaukie, \$10.

I. G. and Ida May Davidson to Ellen E. Littlefield, tracts "D" and "E", Clackamas riverside, \$1.

I. G. and Ida May Davidson (estate of by trustee) to Ellen E. Littlefield, tracts "D" and "E", Clackamas riverside, \$1.

Minnie P. and W. F. Smith to E. W. Smith, lots 3, 4 and 5, Heckert's addition to Oregon City, \$1.

Fred B. and Juliana Madison to F. E. and Maggie Morrison, 120 acres, sections 10 and 15, township 3 south, range 1 east, \$824.13.

Sarah E. Huston to Star Investment company, 20 acres in township 3 south, range 1 east, \$1.

L. G. and Caroline B. Ice to Myrtle M. Donovan, lot 8, block 97, Oregon City, \$1.

Myrtle M. Donovan to L. G. and Caroline B. Ice, lot 8, block 97, Oregon City, \$1.

LARGE ARMIES TO BE URGED AT CONFERENCE

WASHINGTON, Dec. 30.—Allied military authorities will be unanimous in urging upon the peace conference the necessity of maintaining in Europe for at least two years, larger standing armies than in peace times.

Colonel Pizzarello was for 2 1/2 years in the Italian battle line under General Badoglio, the second in command of the Italian army.

While in America he will consult with the Americans interested in the peace aims of his country.

GUARANTEE IS ASKED FOR 1919 WHEAT PRICES

WASHINGTON, Dec. 26.—Legislation to make effective the wheat price guarantee for the 1919 crop and at the same time to safeguard the Government against losses was recommended to Congress today by the Department of Agriculture and the Food Administration.

A memorandum sent to Representative Lever, of South Carolina, chairman of the House agricultural committee, made the following recommendation: First—Extension by Congress beyond June 1, 1920, of the date for the Government purchase of the 1919 crop.

Second—Continuance of the Food Administration's grain corporation, or creation of a new agency to buy and store and sell 1919 wheat that may be offered to the Government; and

Third—Possible legislative provisions to protect the Government against wheat or flour brought in from other countries during the period of effectiveness of the guaranteed price and also to protect buyers of such wheat as long as the wheat is in this country and not consumed.

AUTO WRECK

Monday afternoon while returning from Portland Deputy Sheriff Hughes found a Ford automobile wrecked near Risley station.

A small boy in the neighborhood said that two young men were seen after the wreck walking toward Oregon City and it is thought that these men were the ones in the car.

WANTED FARM PRODUCE WHEN IN TOWN CALL AT C. W. INN

WEST LINN, AND SEE MR. J. F. DOUGHERTY OR MR. F. T. BARLOW. THEY WILL TELL YOU JUST WHAT IS NEEDED.

WOULD LIKE TO HEAR from some one who has a good row boat for sale. A. Holden, Sherwood, Oregon.

MONEY TO LOAN on real estate, 6 per cent interest. C. Schuebel, Oregon City.

"WILLAMETTE NAVIGATION CO. steamer every day—freight only Portland to Oregon City, from Washington Street Dock. Save Time. Save Money."

H. E. CROSS, Attorney for the Estate. NOTICE TO CREDITORS. Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

NOTICE TO CREDITORS. Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

MARKET REPORT

As given by the Brady Mercantile company and Farr Brothers.

Creary butter ..... \$7.00 Potatoes per 100 lbs ..... \$1.50 Onions, per 100 lbs ..... \$1.75 Butter (country) per roll ..... \$1.10 Eggs, per doz ..... 65c

Cabbages, per 100 lbs ..... \$2.50 Potatoes per 100 lbs ..... \$2.00 Eggs, per doz ..... 70c Butter, per roll (country) ..... \$1.20 Creamery butter, per roll ..... \$1.44

Oats, per 100 lbs ..... \$3.50 Milk run, 80s ..... \$17.00 Calf Meal ..... \$2.00 Salt, 50 lbs. high grade ..... 35c Hay ..... \$28.35 Chick food, per 100 lbs ..... \$5.50 Scratch food, per 100 lbs ..... \$4.25 Bone, per 100 lbs ..... \$7.75 Beef scraps ..... \$7.00 Berkshire ..... \$3.50 Carnation Dairy Feed ..... \$2.00 Holstein dairy food, 100lbs ..... \$2.50 Blood meal poultry, R. ..... 10c

Cracked corn ..... \$4.15 Cocoanut oil meal ..... \$3.25 Ground corn ..... \$4.15 Eastern oyster shell ..... \$2.00 Western Shell ..... \$1.50 Grit, per 100 lbs ..... 90c Corn and Oats, ground, per cwt. \$3.40 Ground Barley 100 lbs ..... \$3.10 Wheat - Oats 100 lbs ..... \$2.25 Barley - Oats 80 lbs ..... \$2.00

Live Stock—Buying Veal ..... 19-20c Live Hogs ..... 15-16c Dressed Hogs ..... 19-20c Old Roosters ..... 15c Springs ..... 23-25c Hens ..... 23-25c Turkeys, live ..... 25-30c

COAST LINE CHANGED RAYMOND, Wash., Dec. 30.—According to the light house department a heavy storm which visited the Walla Walla coast recently has made extensive changes in the coast line and the sand spits near North cove.

PROFESSIONAL DIRECTORY

JOSEPH E. HEDGES Lawyer WEINHARD BUILDING F. J. MEYER, Cashier The First National Bank of Oregon City, Oregon CAPITAL, \$50,000.00 Open from 9 A. M. to 3 P. M.

ord, and each of the other persons above named are hereby further notified that R. J. Cook will apply to the Circuit Court of the County and State aforesaid for a decree foreclosing the lien against the property above described and mentioned in said certificate.

For a decree dissolving the marriage contract now existing between plaintiff and defendant. This summons is published by order of Hon. J. U. Campbell, Judge of the Circuit Court, which order was made on the 18th day of December, 1918, and the time prescribed for publishing thereof is six weeks, beginning with the issue date, Friday, December 20, 1918, and continuing each week thereafter to and including Friday, February 16, 1919.

Notice is hereby given, that the undersigned Jos. J. Keber, was, by an order of the County Court of the State of Oregon for Clackamas County, duly made on the third day of December, 1918, appointed as administrator with the will annexed of the estate of Carl Helmit, deceased, and that he has duly qualified as such officer.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon for the County of Clackamas, administrator of the estate of Henry Guenther, deceased. All persons having claims against said estate are hereby required to present them to me at the office of C. Schuebel, Oregon City, Oregon, properly verified as by law required, within six months from the date hereof.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon for the County of Clackamas, administrator of the estate of Clarence W. Porter, deceased. All persons having claims against said estate are hereby required to present them to me at my residence, Gladstone, Oregon, properly verified as by law required, within six months from date hereof.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon for the County of Clackamas, administrator of the estate of Clarence W. Porter, deceased. All persons having claims against said estate are hereby required to present them to me at my residence, Gladstone, Oregon, properly verified as by law required, within six months from date hereof.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.

Notice is hereby given that the undersigned has been appointed Executor of the Estate of Oran Leslie Dunbar, deceased, by the County Court of Clackamas County, Oregon, State of Oregon.