

# Efficient Housekeeping

By Laura A. Kirkman.

**Cakes That Go with Cocoa**  
"I always sit up till my daughter comes home from dancing with her escort," a woman friend once told me. "I make a practice of having a hot cup of cocoa for them and some sort of little cakes. It is late and they are always hungry, and I believe they sleep better from having something to eat."

Cocoa is an excellent beverage for little after-the-ball feasts of this kind—in fact the only beverage to offer, at so late an hour; tea or coffee would keep the young people awake. So the only variety in refreshments for such an occasion, would be in the sort of cakes which accompany the cocoa.

Oatmeal Macaroons go well with cocoa. The recipe for them is: 1 cup sugar, 1 tablespoonful butter, 2 eggs, 1 teaspoon vanilla, 2 1/2 cups rolled oats, 2 tablespoons flour, 2 teaspoons baking powder. Cream the butter and add the sugar and the eggs (well beaten). Stir the rolled oats, flour and baking powder into the mixture. Drop from a teaspoon about an inch apart in greased pans, and bake in a moderate oven until well puffed, crisp and brown.

Graham Nut Muffins are delicious with cocoa. Here is the recipe: 1 cup graham flour, 1 cup wheat flour, 3 teaspoons baking powder, 4 tablespoons sugar, 1-2 teaspoon salt, 1 egg, 1 cup milk, 1-2 cup chopped walnuts, 3 tablespoons melted butter. After sifting stir the bran back into the graham flour before measuring it. Mix the dry ingredients; add the beaten egg, milk, nuts and melted butter. Do not beat. Pour into well-greased muffin pans and bake in a moderate oven for thirty minutes.

Oatmeal Peanut Cookies, too, are delectable with cocoa. The recipe for these is: Cream together half a cup of butter and one cup of light brown sugar. Add two eggs, lightly beaten, 4 tablespoonful of cold water, 2 cups of rolled oats, half a teaspoonful of ground cinnamon, 1-2 teaspoonful of ground cloves, half a cupful of chopped raisins and peanuts, and one cupful of flour, sifted with one teaspoonful of baking soda. Drop the mixture from a spoon onto a greased baking sheet, and bake in a moderate oven. If the mixture spreads too much in baking, add a little additional flour.

Bread Molasses Tarts are good with cocoa, also. Prepare a paste shell with a rather high border. Mix eight tablespoonfuls of bread crumbs with seven tablespoonfuls of molasses; add the grated rind of one lemon and a small cupful of grated coconut. Fill the shell with this mixture and bake in a hot oven until crisp and brown. Cris-cross strips of the pastry may be laid across the top.

### Keeping Up the Housekeeper's Morale

The old-fashioned housekeeper had the viewpoint that she had no time to indulge herself in any way. But the modern housekeeper knows that moments snatched for rest and recreation, are moments well invested; they help the busy housewife to keep up her "morale"—to use a military term—and result in greater efficiency.

Let us follow the modern housekeeper through an entire day: In the morning she gets up and, in the process of dressing sits down before a dainty dressing table to arrange her hair. The old-time housewife would have thought herself slothful to sit at such a task; but the woman of today realizes that the dressing table chair is a necessary article of furniture for a woman who is on her feet most of the day.

In the middle of the morning, the wise housewife takes time to sink into the most comfortable chair her living room affords, and read the newspaper. The old-fashioned housekeeper would have been ashamed to be caught reading in the middle of a morning's work; but today woman appreciates the fact that her muscles need a rest at that time, and also that she must read the newspaper to be an intelligent woman and housekeeper. The paper keeps her in touch not only with the events of the day, but also with market prices and news of what other women are doing in the housekeeping world.

At four o'clock in the afternoon, today's housewife brews herself a cup of tea and eats a cracker or sandwich. This refreshes her and gives her the slight nourishment she needs. Time was when housekeepers made afternoon tea only for callers; now they are treating themselves as well as outsiders—and consequently are getting better results from their labors.

In the evening what does the modern housewife do? She goes to the movies and laughs! She knows she needs that laugh. The few cents spent on the admission, are well worth the value received. If she does not happen to care for this form of diversion, she makes a point of losing herself and her problems in some gripping magazine story or novel. Fifty years ago, women sewed, mended and darned beside the evening lamp; today the methodical housekeeper has a daytime hour in the week allotted to the duties of the needle, and her evenings are wisely devoted to giving her nerves a needed rest and her mind a necessary change of thought.

The woman who is doing her own housework and who neglects to lessen the tension in some such ways as these, every few hours, is not only endangering her health, but is also closing her eyes to the fact that more can be accomplished by such occasional halts, than without them; for rested nerves and muscles go to work with a new impetus and, consequently achieve more than tired nerves and muscles. The housekeeper must think of her morale, just as surely as the soldier, and must keep it at a high pitch by such means as I have mentioned.

### Your Fireless Cooker

Yesterday's mail brought me letters from two brides, both on the subject of the fireless cooker. These inexperienced housewives had each received a fireless cooker as a wedding present and wanted to know how to use it intelligently. So, believing that there must be many other young housekeepers who, although they have never written me, would nevertheless like a little information on this subject, I venture this talk.

The woman who has never before used a "fireless," should try it out with something simple. Oatmeal would be a good dish to experiment with. This should be put in the cooker the last thing before going to bed, and it will be ready for breakfast the following morning. The little book of directions which comes with the fireless cooker, will tell the housewife how long the oatmeal should remain on the range (before being put into the fireless cooker); for, the length of time is in proportion to the amount used.

A more ambitious dish to attempt, would be Irish stew. This would be the next step, logically, in learning to cook with the "fireless," because, like the oatmeal, it requires but the use of one of the three compartments (I assume that the housewife has one of the large-sized cookers—which is best for family use). Cube the beef for the stew and put it into the aluminum pot with pared white potatoes, carrots, peeled onions, seasoning and water, and start on the range—as you did with the oatmeal. The direction book which comes with the cooker will give recipes for all simple dishes, and will tell the length of time they should remain in the cooker, in proportion to the amount used.

Next, you may try using all three of the cooker's compartments. In one "well" you will cook potatoes; in another, a second vegetable—say cauliflower; and in the third will go the meat. The two vegetables will be started by being put on the range—like the oatmeal and the Irish stew. But the meat, if it be a roast, represents another process: the use of the iron discs. These discs are heated on the range, then put in the cooker—one below and one suspended above the aluminum pot containing the meat.

After a little experimenting of this sort, the housewife will get to know her "fireless" and will find it a great comfort. The woman with children especially, will find it a blessing; for she can put her dinner in the cooker at two o'clock—when ordinarily, with a range, she would be working over the dinner—she is free to bathe the little ones and get them to bed.

Make friends with your fireless cooker. Don't be discouraged by a few failures, if you chance to make them. The cooker saves fuel and one should persist until one becomes master of it. Try simple dishes to begin with—such as I have suggested—then branch out into the more difficult lines of cookery.

### A Menu for a Little French Dinner

Few modern housekeepers are ignorant of French cookery—indeed the average housekeeper has some "pet" French dinner which she has learned to cook to perfection and for which she is famed among her friends. The bride who has not yet reached this point of culinary development, will do well to "adopt" the following delicious little French dinner, and become expert in preparing it:

**Creme Parmentiere**  
Turbot a la Creme au Gratin  
Cotelettes de Volaille aux Choux de Bruxelles  
Lettuce Salad

**Fruits**  
**Creme Parmentiere (Potato Soup)**  
—Press ten freshly boiled potatoes through a sieve into a saucepan, to which add one pint of boiled milk and four half boiled onions, quartered. Stir well and allow to boil two minutes, then thicken with the yolks of two eggs and cream beaten together. Season, pour through a sieve, and serve.

**Turbot a la Creme au Gratin**  
(Baked fish with cheese and Bread-crumbs)—Boil a fresh cod fish or trout; pick out the bones; season lightly with white pepper and salt. Take a quart of milk and mix it smoothly with a quarter of a pound of flour; put in five thin slices of an ordinary-sized onion, a sprig of thyme and a bunch of parsley, tied together; add a little grated nutmeg, a teaspoonful of salt and a quarter of a teaspoonful of white pepper. Place this over a quick fire and stir it all the time, until it forms a thick paste. Then take it off and stir in a half pound of butter and the yolks of two eggs; mix well together and pass through a sieve; pour some of this into a baking dish and add a layer of fish and a layer of sauce—alternating until the fish and sauce are all used. Sprinkle the top with bread crumbs and Parmesan cheese. Put into a moderate oven and bake half an hour.

**Cotelettes de Volaille aux Choux de Bruxelles** (Fried Chicken and Brussels Sprouts)—Fry thick slices of a chicken in a frying pan, after having dipped the slices into beaten egg and then into bread crumbs. Fry in butter until a light brown color and serve surrounded by previously cooked Brussels sprouts. Pour over all a cream sauce.

**Redecorating the Nursery**  
Mothers are gradually awakening to the fact that the ideal nursery should not only be dainty and sweet, but should also express the child's own personality, just as the rest of the house expresses the personality of the grown-ups who dwell in it. Childhood is a transient thing and should be made as bright and happy a period as possible. If your child's little room is not furnished with this

atm in view, it could be redecorated with but slight expenditure.

The floor of the ideal nursery should be carpeted and soft, so that the unavoidable bumps will do but slight injury. The walls should be padded with quilted pads one inch thick and fifteen inches from the floor, extending around the entire room. These wall pads save many a hard accident—especially if a boy is in the nursery inhabitant—for, if children will romp and lose themselves about in the excitement of their play and are sure to forget that walls are near.

Wall pads can be made of cretonne with a cardboard back, and should be well stuffed with cotton and held in place by tacks. Any woman can make them herself.

White scrim curtains should hang at the nursery windows and the valances over them should be either of cretonne to match the wall pads or of white material stenciled in animal designs in some bright color.

The pictures on a child's room should be of a nature to interest the little mind. Some children have a passionate love of kittens and such little ones will delight in seeing pictures of pussies on the nursery wall. For boys who are interested in things mechanical, pictures of engines and bridges will stimulate the early tastes. Nature pictures should also be included, for these develop a love of the beautiful in the receptive little mind.

A white enameled open-faced bookcase is the best thing to use for holding the nursery toys (one shelf may be used for books, of course); this should be covered by a curtain to match the valance. A toy box is also a necessity—to hold toys no longer popular, but which on occasion may be placed to match the valance.

The furniture should consist of small white bed; small desk and chair; child's rocker; small round table and two straight chairs; a child's bureau; and a generous sized lounge upon which the child may sit with his little friends while at play.

### A Menu for the Jaded Family Appetite

When Mr. A. pushes back his dinner plate at the beginning of a meal and declares that he doesn't feel hungry, it is time for Mrs. A. to turn her attention to unaccustomed ways of cooking the ordinary foods, with a view to making them appear more attractive to her husband's jaded appetite.

Mrs. A., therefore, studies the menu she planned for the following night's dinner, to see how she can make it more tempting. Let us say that this is the menu she had planned:

**Puree of Potatoes**  
**Round Steak**  
**Brussels Sprouts** **Mashed Potatoes**  
**Bananas**  
**Coffee**

After a little thought, Mr. A. changes the above menu to read like this:  
**Leek and Potato Soup**  
**Roasted Steak**  
**Creamed Brussels Sprouts and Chestnuts**  
**Potato Cake**  
**Sliced Bananas with Cream**  
**Coffee**

**Leek and Potato Soup:** To ordinary potato puree, add leek (six to the quart of soup) which have been fried with butter; let all simmer together for five minutes, then strain and serve.

**Roasted Steak:** Take a round steak and cover it thickly with bread crumbs seasoned with salt, pepper and sage (the same stuffing as you put in a fowl); then roll the steak and tie it firmly. Put in a baking tin. Baste often and bake till tender.

**Creamed Brussels Sprouts and Chestnuts:** 1 quart chestnuts, 1 quart Brussels sprouts. Peel the chestnuts and boil them. Boil sprouts separately also. When the sprouts and chestnuts are very nearly done, put them both into a white cream sauce, letting all boil together a few minutes. Season and serve.

**Potato Cake:** Mix one egg and one half cup of Parmesan cheese with white mashed potatoes. Season. Bake in moderate oven until nicely browned on top.

Always cook slow foods on ironing days.

Cabbage should always be boiled in two waters.

Nuts may sometimes take the place of meat, but should be very carefully chewed.

Loose chamomile gloves are excellent to wear when gardening or doing any dirty work.

To save the paint in a partially empty can, pour on a thick cover of melted paraffin.

If you have to pound meat to make it tender, pound a little flour into it—this saves the juice.

If food lacks flavor it will not be properly digested. Therefore, have your food attractive.

Olive oil should be regularly used as an article of diet to make bacon and butter less necessary.

It will add considerably to the wearing qualities of stockings if they are washed before being worn.

When screws and nails are difficult to remove, try letting kerosene soak into the wood around them.

To heat plates immerse them in the oven as is usual. The hot water method is not so liable to crack them.

In making casserole combinations, do not forget to put the lighter vegetables with the lighter meats.

For that obstinate stain on your white backskin shoes try fine sandpaper. Rub the spot lightly with it.

white stalks because there is no waste.

You can keep cheese fresh if you wrap it in a cloth wrung out of vinegar and keep it in a paper bag in a cold place.

Always put a full ruffle on bottom of kitchen apron to protect the bottom of the dress from drops which might find a landing place there.

A pinch of sugar dropped into the tea when it is set to steep, will cause the leaves to open in about half the time usually required for steeping.

When making a thickening for creams, gravies or soups, put the flour or water into bowl, stir with a spoon and mix with the egg beater for a few seconds.

### JOURNALISTIC ENTERPRISE

A visitor to a small country town lost his dog, an animal which he prized very much.

Rushing to the office of the local newspaper he handed in an advertisement offering \$5 reward for the return of the dog.

Half an hour later he thought he would add to his advertisement the words, "No questions asked." So he hurried off to the office again.

When he got there the place was empty save for a small boy, who looked very sulky.

"Where's the staff?" asked the tourist, glancing around the deserted room.

"Out looking for your dog!" was the aggrieved retort.—Our Dumb Animals.

## SPARTACANS PROTESTING DEATH OF LEADERS

COPENHAGEN, Jan. 20.—The Independent Socialists in Germany have called a national strike between January 21 and 25, as a protest against the killing of Karl Liebknecht and Rosa Luxemburg, said a dispatch from Berlin today.

BERLIN, Jan. 19.—The national elections in Germany today (Sunday) were dominated by women, who were voting and running for office for the first time in the history of the country. In practically every district the women were in a great majority over the men. There were at least one or two women running on each ticket in every district.

The majority Socialists were expected to have things largely their own way in most parts of the country.

### FIRE DESTROYS CATHEDRAL

MONTREAL, Que., Jan. 17.—The Catholic cathedral at Chicoutimi, in the Lake St. John district, was destroyed today by fire which threatened the presbytery and other adjoining buildings. The damage was \$300,000.

## MARKET REPORT

As given by the Brady Mercantile company and Farr Brothers.

**BUYING**  
Creamery butter ..... 61c  
Potatoes ..... \$1.30@1.50  
Onions, per 100 lbs. .... \$1.75  
Butter (country) per roll \$1.00@1.10  
Eggs, per doz ..... 51c

**SELLING**  
Cabbage, per 100 lbs ..... \$4.00  
Potatoes, per 100 lbs ..... \$1.75@2.00  
Eggs, per doz ..... 57c  
Butter, per roll (country) ..... \$1.20  
Creamery butter, per roll ..... \$1.50

**FEES**  
Mill run, 80s ..... \$2.25  
Calf Meal ..... \$2.00  
Salt, 50 lbs. high grade ..... 85c  
Oil Meal ..... \$4.50  
Oats, per 100 lbs ..... \$3.50  
Hay ..... \$28-35  
Chick food, per 100 lbs ..... \$5.50  
Scratch food, per 100 lbs ..... \$4.25  
Bone, per 100 lbs ..... \$3.75  
Beef scraps ..... \$7.00  
Barkshire ..... \$3.50  
Carnation Dairy Feed ..... \$2.00  
Holstein dairy food, 100lbs. .... \$2.50  
Blood meal poultry, lb. .... 18c  
Wheat corn ..... \$4.00  
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  
Rice Bran ..... \$5.00

**Livestock—Buying**  
Veal ..... 19-20c  
Live Hogs ..... 15-16c  
Dressed Hogs ..... 20-21c  
Old Roosters ..... 12 1/2-15c  
Springs ..... 23-25c  
Hens ..... 23-25c  
Turkeys, live ..... 25-26c

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The luncheon, besides bringing together a brilliant assemblage, also brought out the declaration from President Wilson that "the peril of France, if it continues, will be the peril of the world; and not only France must organize against the peril, but the world must organize against it."

The meeting of the supreme council was attended by President Wilson, Secretary Lansing and representatives of the other four great powers. An hour was given over to hearing M. Noulets, the French Ambassador, who has just returned from Russia, where he personally witnessed the various changes which have been taking place in the government and conditions there.

### "WILLAMETTE NAVIGATION CO. STEAMER EVERY DAY—FREIGHT ONLY PORTLAND TO OREGON CITY, FROM WASHINGTON STREET DOCK. SAVE TIME. SAVE MONEY."

**MONEY TO LOAN.**  
I have plenty of money to loan on good real estate security at current rates.

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Eighth and Main Street

**DEAD HORSES TAKEN**—Cash paid for dead cows and down and out horses. Will call anywhere. Phone Milwaukie 69-J.

**Notice to Contractors—Grading.**  
Sealed proposals for grading a part of the road on the South bank of the Willamette River in Sections 22 and 27 township 3 south 1 Willamette Meridian will be received until 11 o'clock a. m. February 7th, 1919, at the County Court room at Oregon City, Oregon. All bids must be accompanied by a certified check for 5 per cent of the amount named and may be filed in the

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**Asparagus that is green from tip to end of the stalk is better than the**

## SCHUEBEL BILL ON PAVEMENT HITS PATENTS

SALEM, Or., Jan. 17.—(Special)—Representative Schuebel placed a keg of dynamite under the patented pavement people when he introduced into the House his bill to provide that the State Highway Commission shall sit with county courts in opening bids for contracts on road works provided in the highway commission act, and that in event a contract is awarded the commission shall pay for the royalties that might accrue because of such patents out of the state funds.

The long, jagged tooth in the Schuebel bill, which he intends to gouge into the patent pavement people is in the following excerpt from the bill which is an amendment of the 1917 road law:

"The State Highway Commission is hereby authorized and empowered to enter into contracts for the purpose of constructing the roads provided in this act; provided, however, that all contracts shall be let according to law by the Commission, while sitting, and in open and public session (of said commission) with the County Court, in which such road is to be constructed; provided, further that if the commission shall let any contract for the construction of any road under the provisions of this act, consisting of any article or pavement upon which a patent is claimed, then in such event the State of Oregon shall pay all royalties that may be due on account of the construction of such road so laid with such patented article or pavement, and the contractor or contractors shall only be required to bid on the construction of such road without including in their bid the cost of royalties that may be claimed on account of the construction of such road with such patented article or pavement; provided, further, that the County Court of the county in which such road is to be constructed shall be authorized on behalf of the county in which such road is to be constructed to bid on the construction of such road within the boundaries of such county."

"Where's the staff?" asked the tourist, glancing around the deserted room.

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## GERMANS TO FIGHT INVASION OF POLES

BERLIN, Jan. 18.—Volunteers are joining the colors in great numbers at Koeningberg to protect the boundaries of East Prussia from Bolshevik aggression and against the Poles, according to reports received here.

Declaring that the eastern frontier will soon be lost unless the Germans awake to the danger, the Lokal Anzeiger declares that 800,000 Germans in Posen are being prevented by the Poles from arranging for elections to the national assembly.

Proclamations regarding the "advancing Polish army" are being issued by the Poles, who also have regular war reports.

At a meeting at Breslau, it was reported that the Crochs have an army of 500,000 men on the border and threaten an invasion.

Polish troops numbering 18 divisions are said to be about to invade upper Silesia. Lemberg reports state that the people of the threatened districts have formulated an appeal to President Wilson asking for protection against the Czechs.

## PRESIDENT WOULD END REIGN OF RED TERROR

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WANTED—Pasture for six head saddle horses with access to straw stock. Notify with conditions, price, etc. H. N. Wallace, Forest Ranger, Estacada, Oregon.

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County Clerk's office at any time prior to the above named hour. The work consists of filling two deep gullies which cross the road. Specifications for which may be found in the Roadmaster's office.

**H. S. ANDERSON,** County Judge.  
**W. A. PROCTOR,** Commissioner.  
**W. F. HARRIS,** Commissioner.

**Summons for Publication.**  
In the Circuit Court of the State of Oregon for Clackamas County.

**Frank D. Travis, Plaintiff.**

vs.  
**Elsie M. Travis, Defendant.**

To Elsie M. Travis, above named defendant:

In the name of the State of Oregon, you are hereby directed to appear in the above entitled court and cause, on or before the 8th day of March, 1919, and answer or otherwise plead to the complaint filed against you herein, or for want thereof, the plaintiff will apply to the court for the relief prayed for in said complaint, which is for a decree dissolving the marriage relation now existing between you and plaintiff, and for such other and further relief as may be equitable and just.

This summons is served upon you by publication by an order of the Honorable J. U. Campbell, judge of the above entitled court, which order is dated and entered January 23, 1919. First publication January 24, 1919. Last publication March 7, 1919.

**TYSON KINSELL,** Attorney for Plaintiff.  
Post Office Address: 812-13 Henry Building, Portland, Oregon.

**Notice of Final Account**  
Notice is hereby given that the undersigned has duly filed his final account as administrator of the Estate of Herbert M. Carpenter, deceased, in the County Court of the State of Oregon for the county of Clackamas, and that by order of the said County Court Monday the 10th day of February, 1919, in the County Court Room in the Court House, in the City of Oregon City, County of Clackamas, State of Oregon, has been fixed as the time and place for hearing objections thereto and settling the same.

**ISAAC E. STAPLES,** Administrator