

<section-header><section-header><section-header><text><text><text><text><text><text><text><text>

conditions. It there the most sanitary conditions, it is sold in a wared, sanitary package that keeps it fresh and good until used. Use lots of butter for your health's sake. It is full of vitamines and is the most easily digested fat that can be obtained as a food.

Apple Onesa Field Market Field Structure S

Otter Clam Bouillon Baked Finnan Haddie Tru-Blu Shell Oysters Knight's Dill Pickles Cannelon of Beef (from Parker's Market) Knight's Chill Sauce Mashed Potato Preferred Stock Asparagus with Gold Medal Butter, Melted Cabbage Salad Van Gorder's Mayonnaise Butternut Bread Gold Medal Butter Apple Cheese Pie Preferred Stock Coffee

### Have You Tried This One? Many Uses of Cottage

I ran across such a delightful tid-bit the other day, and I want to pass it on to you. It is something you can eat at meal time or for lea or just between times. It is delicious. Do ter ti try it.

<text><text><text><text><text><text><text><text>

# Cheese

Cottage cheese is such an excellent it on to you. It is something you can eat at meal time or for tea or just between times. It is delicious bo iry it.
 MARSHMALLOW DREAMS
 I box unsweetened wafers, Tru-Blu butter thins is pound Krause's marshmsllows, it to it tablespoons Gold Medai but-ter.
 Cottage cheese is such an excellent food and the combinations are so nu-merous in which it can be used that it is difficult to know what to tell first. The housewives of Portland are fortunate in havins the Red Rock to tablespoons Gold Medai but-ter.
 Cottage Cheese is such an excellent food and the combinations are so nu-tor.
 Cottage cheese is such an excellent food and the combinations are so nu-merous in which it can be used that it is difficult to know what to tell first. The housewives of Portland are fortunate in havins the Red Rock to it ablespoons Gold Medai but-ter.
 Cottage cheese manufactured right using it every day in some combina-nomical and very adaptable.

America's Universal Dish Macaroni is alomst as universally used in the United States as in Italy itself. We probably do not eat it sea-soned quite as highly in this country, but we surely reliablit as much, which is proven by the enormous yearly con-sumption. Of course, as in all other foods there is which and a wrong

sumption. Of course, as in foods, there is a right and way to cook macaroni. should be treated like rica. Into pienty of boiling wate saited. Eilr occasionally an a tork. As goon as it is ter

### Alfalfa Vitamines

The latest virtue for clover and alfa-good and true animal haya-that the green juices are used in atment of tuberculosis. These ces are reputed to destroy the disjuices are reputed to destroy the dis-ease germs in many cases. Scientists have discovered that alfalfa and dio-ver contain vitamines, which probably account for their great value as affi-mal feeds. But many particular folk would prefer to have the cow eat her usual clover and vitamine ration and then hand it over to them in the shape of pure palatable, pasteurfixed milk. We would Be sure to buy Fernwood Milk. The "pure milk from heathy cows."

### To Clean Aluminum

Aluminum utensils should be coured with whiting, which is soft and does not scratch the metal. Steel ooi is also very good. A few drons f ammonia water will hasten the pol-

of ammonia water will hasten the pol-ishing. Burnt food is best removed by soak-ing the disk in hot water. Use a wood-en spoon instead of mietal to scrape it off.

## Seven Rules for Making Good Coffee

ROGUE OMATOE

KNIGHTS

CATSUP

E RIVER

Keep your coffee urn tight.
Measure your coffee carefully.
Use grounds only once.
Use boiling water.
Serve immediately.
Serve immediately.
Sour your coffee pot.
Last, but most im portant of all, use a good coffee. Preferred Stock, for instance. instance.

EAST

DICKINSON

HOMEMAD

JELLY

CKINSON

Henderlow

6461

UNITED STATES BAKERY

Nu

Riches, hanors for position are as nothing without bealth. It is your duty to yourself and to your family to know that the store from which you buy your food products is clean, that every shelf, nook and corner is kept clean, that mice, vermin and dirt are kept out.

<text><text><text><text><text><text><text>

Preferred Stock

COFFEE

A Seasonable Menu for a Day

BREAKFAST Bacon and Apples (from Parker's Market) Waffles with Bes Brand Honey Preferred Stock Coffee

LUNCHEON

Porter-Scarpelli Macaroni Cakes with Cream Sauce Creamed Fig Sundae Grandma White Cake Multhomah Whole Wheat Bread Gold Medal Butter Chevalley Everfresh Creme Chocolate

DINNER

 Cannelon of Beef
 Something Different in a Ment Dish.
 When you are racking your brains is not at all hard to think of something different in the most savel, the one was all begin to the same many purchases with the served. Men are proverbially for fond of beef, and they will be delighted at the served. Men are proverbially for fond of beef, and they will be delighted at the served. Men are proverbially for fond of beef, and they will be delighted at the served. Men are proverbially for fond of beef, and they will be delighted at the served. Men are proverbially for fond of beef, and they will be delighted at the served. Men are proverbially for fond of beef, and they will be delighted at the served. They are the same through the bedde served at the served of the served to the served of the served to the ser **For the Lunch Box** Is there is one kind of eating that hus be carried in a box, for the and grown-ups as well. It is the tresone for the one who has to eat it and for the one who has to eat it and for the one who has to eat it and for the one who has to eat it and of the one who has to eat it and of the one who has to eat it and of the one who has to eat it and of the one who has to eat it and the one who has to but it up, so I and support of the one who has to eat the one who has to eat it and the one who has to be and the one who has to be and the one who has to be and the one who has been who had how the one of the one who has to eat the the one of the one who has to eat the one of the one only the olean the parts of the dams are used to the one of the one only the olean the parts of the one who has to eat the parts of the one who has to be the the parts of the one who has the one one for your one hunches to be the parts of the one has to be and the parts of the one has the one of the one box who has the box of the one of the one on the the one to the one of your one hunches the one to the one of your one hunches the one to the one of your one hunches the one to the one of your one hunches the one to the one of your one hunches the one to the one of your one hunches the one to the one how the has the one hunches the one to the one how the has the one hunches the how the home how the has the hunches the one to the one how the has the how the how the how the home how the hunches the has the how the home how the how the how the how the how the home how the how the how the how the how the home how the how the how the how the home how the how the how the how the home how the how the how the how the home how the how the how the how the home how the how the how the how the how the how the home how the how the how the how the how the home how the how the how the how the how the home how the how the how the how t

Famous Doctor Plaises

CREAM

Am

and and a second

MARSHMALLOWS

OTTER

CLAMS

GRANDMAS

At the lancheon hour if lunch is eater from a bask at. Be sure that you and the parts of the clams are used, while parts of the clams are used, the world, who have and precisive of the clams are used, the world, who have an appreciation of the clams are used.
The people who have reduced their infam, there is the world, who have an appreciation of the clams are used.
The people who have reduced their infam, there is the world, who have an appreciation of the clams are used.
The people who have an appreciation of the clams are used.
The people who have reduced their infam, there is the world, who have used milit, and who have used milits.
The people who have used in hore ward the best trades.
The people who have used in the bask of the human intellect and its produces the poole who have used milits. It is good to the opped was in utare the people who have used milits. It is solence and the world, who have used milits is the opped with the opped of the human intellect and its produces.
To tatoes can be baked in hait there is the people who have used milits. It is solence and the world, and every adult in the sole apprint to be success in the old water. When the is the world and every adult in the is used in the trans.
To tatoes the baked in hot water for it minute.

BILL

ICECREAM

BU.

TRU-DD

SUGAR

NULADE

OLEOMARGARINE

A Good Start

A Cood Start On those or ho, light walfles, or head to be strain be strain for any solution to be a strain to be strain the strain to be strained to be strain to be strain

them

MANUL NIMOR CRASS SCAPEDI

DEN DROP

MASHING

POWDER

26mh

Cookie

CAKES

To Bake Potatoes The best way to cook pointoes is to boil them in their jackets for ten minutes, and then either peel and bake them or bake them without peeling. reterred stock and the second s BRAND COPFEE LARCE DIA

6.2



JORTHERA

ODU

KNIGHT'S

PICKLES

MR

FLAVERS

MARTER A

TARVES OF STREET

