

WILL RETRACE THE OLD OREGON TRAIL

EZRA MEEKER, PIONEER OF '52, UNDERTAKES THE RETURN JOURNEY IN PRIMITIVE MANNER TO PRESERVE LAND MARKS

ON or about February 15, 1905, I intend to start from The Dalles, Or., for Kalmville (Council Bluffs), Ia., to retrace the old Oregon trail followed by myself and others of that great migration of '52.

I purpose traveling over the whole route I first followed with an ox and cow team in old emigrant style, to show the present generation how we lived and overcame obstacles, in order, if possible, to attract their attention, enlist their sympathies and secure their encouragement of the object of the proposed trip.

What's the object of this trip? The reader will have asked. It is merely a feat, like the man crossing the continent with a wheelbarrow. Not at all. My object is to do the preliminary work looking to perpetuating the identity of that great thoroughfare, the old Oregon trail, and honoring the memory of the intrepid pioneers who first broke the barriers and of those who followed.

I purpose to plant witness posts on the old trail at crossings of present traveled roads, before all vestige of the old landmark is gone, and at junctions or other prominent points, connect these posts with the Government surveys or prominent natural objects, and obtain easements from owners for the site of permanent stone monuments, which it is to be hoped, will follow later.

identity of the trail and prepare a way for the more serious work, possibly, and I may say probably, by other hands after my own are at rest. A beginning must be made, else the object will never be attained.

I say probably by other hands, for the reason that I will have reached the ripe age of 76 years by the time the proposed trip is ended, and it is to be hoped, and in fact expected, that younger men may come forward to complete the work thus begun. However, if it transpires the consensus of opinion held by those interesting themselves in this work is that an effort should be made to obtain aid from the National Government, then I would not hesitate to continue my trip to the National Capital.

My team will consist of one yoke of cows, three oxen and one horse. The wagon, built expressly for the trip, will be in part framed from the remains of relics brought across the plains 50 or more years ago. The "schooner" wagon bed will be ready to launch where needed for river crossings, and the oars will be there ready for use. In a word, I purpose to live the life of '52 over again. A roadometer will be attached to my wagon, a competent artist employed to take views of prominent natural or artificial objects on the route. The thoroughness of this work, however, will depend in part on the aid obtained, asked for later in this letter.

Kind friends have been solicitous lest the "hardships" of such a trip would be beyond my power of endurance. I know different. When the 1st day of October next arrives I will have been in the Old Oregon Country 55 years, and never a day sick in bed.

If my health continues, I can see no reason why I may not accomplish this work. Anyway, I am going to try, and as I have said, the thoroughness of the work will depend in part upon the financial aid received. I ought to have funds so that I may employ additional help where needed, as likewise a sufficiency of young blood to accompany me, to the end the trip may be made more speedily than if the labor falls upon a few shoulders.

As the outlay has already begun and will continuously increase until the final start is made, and as the thoroughness of the preparations will be governed in part by the aid promised, I will ask all who propose to lend a helping hand to communicate with me at the Fair grounds, Portland, Or., until October 15, 1905, afterwards Seattle, Wash. EZRA MEEKER.

Spice Nut Cakes—One cup of minceless sugar, one-half teaspoonful of salt, one tablespoonful of sour wine, or vanilla, one-quarter of a pound of granulated sugar. Stir together, roll, cut into almond shape and fry in hot oil. Drop into sugar mixed with cinnamon.

Hickory Nut Macaroons—Mix one cup of hickory nut meats with one cup of sugar and one-half cup of flour. Drop in buttered tins.

Hickory Nut Kisses—Whites of six eggs beaten to a stiff froth, one pound and one cup of powdered sugar, one cup of hickory nut meats chopped and a piece of citric acid the size of a pea. Drop in teaspoonfuls on buttered pans and bake.

Hermits—Three eggs and one-half cup of sugar, one cup of butter, one-half teaspoonful of soda, a pinch of salt, nutmeg to cover a silver half dollar, one and a half cups of seeded raisins, one pound of English walnuts, both chopped, and two and a half cups of flour. Drop from spoon and bake in a quick oven.

Almond Cookies—Two pounds of sugar, two pounds of almonds blanched and chopped fine, one-half pound of citron, two tablespoonfuls of cinnamon and the whites of nine eggs beaten to a froth. Stir well. Drop with a teaspoon onto paper and bake in a moderate oven.

Almond Pretzels—Grate one-half pound of sugar and the almonds until they become creamy. Thicken over a moderate fire. When cool, put on the kneading board, spread well with flour, make into rings. Sprinkle granulated sugar over them and bake in buttered pans in a moderate oven.

Fried Almonds—Twenty roasting tablespoonful of flour, four tablespoonfuls of butter, four roasting tablespoonfuls

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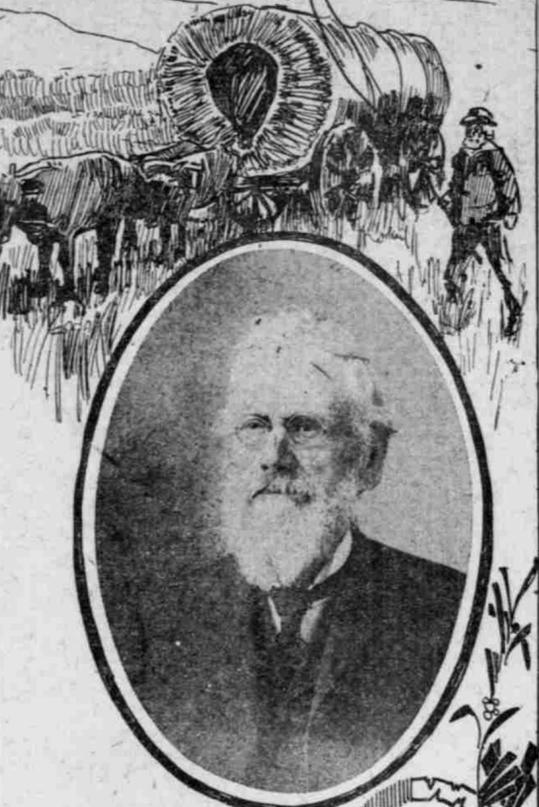
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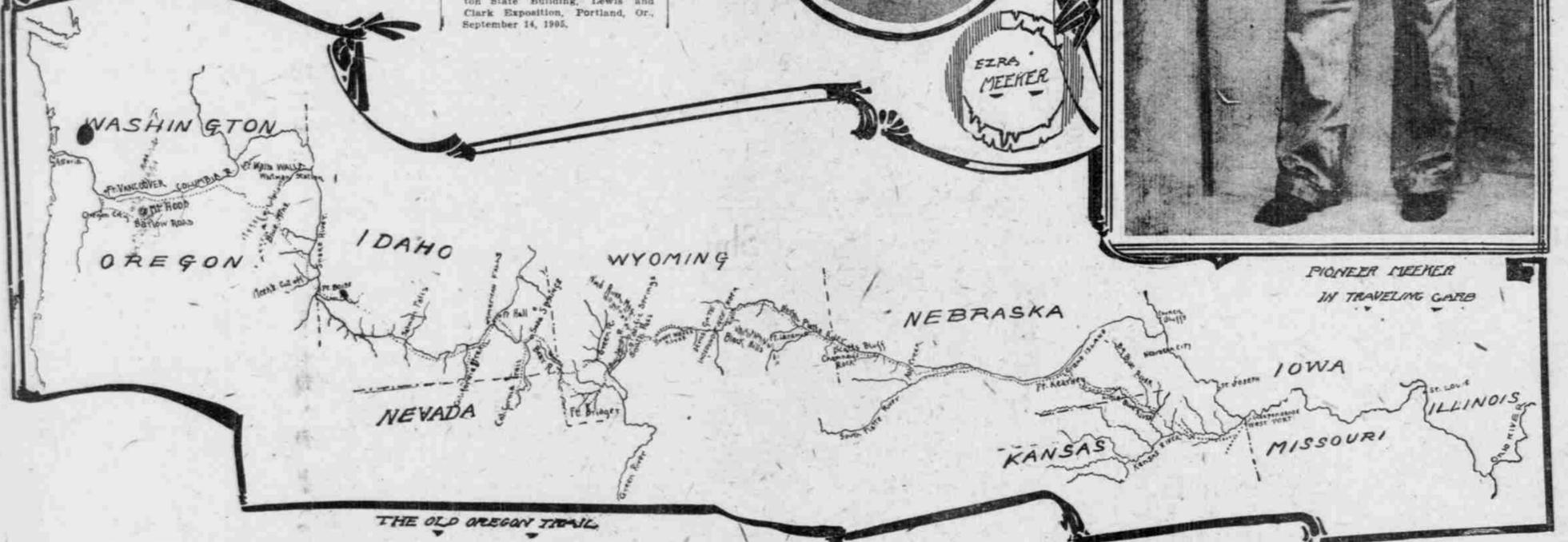
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PIONEER MEEKER IN TRAVELING GEAR



THE OLD OREGON TRAIL

Some Nut Recipes for the Vegetarian

VEGETARIANISM as a fad has long since passed out of public notice. As an excellent mode of living it gains ground each year, and its disciples are increasing slowly but gradually. A diet without meat certainly has less tendency to cause nervousness, and the diet of vegetarians that none of their followers care for liquors in any form speaks volumes in its behalf.

Lack of variety in food is one of the great drawbacks and nuts supply the most appetizing as well as nourishing change to the monotony of fish and vegetables. Nut season is near at hand, and the following recipes for making use of the delicious kernels will be welcome even to the housewife who does not have to cater to a family of vegetarians.

Peanut Bisque—Half a pint of peanut butter is required in making this soup. It is sold very reasonably at the grocer's in glass jars, or a housewife can prepare her own from the roasted nuts. In which case, shell and remove the brown skins while the nuts are hot. Dust lightly with salt and grind at once. Pack in tumbler and keep in a cool place until they are needed.

Put the peanut butter together with one quart of milk, one teaspoonful of grated onion, and a teaspoonful of celery seed into a double boiler and stir until they become hot. Now add a tablespoonful of cornstarch moistened in cold milk and allow it to thicken. Strain and season with half a teaspoonful of salt, a dash of pepper and a dash of paprika.

Walnut Soup—After removing the kernels from the walnuts, chop them fine and cover with one pint of water, one tablespoonful of onion juice, one teaspoonful of pepper and one teaspoonful of salt. Cook for 20 minutes and add one pint of hot milk. Thicken the soup with one level tablespoonful of cornstarch moistened in cold milk. Before serving, add the well-beaten yolk of one egg.

Cured Chestnuts—Cut a little piece from the top of some chestnuts and boil until they are sufficiently tender to pierce with a fine skewer. Drain and remove the shells and skins. Put the kernels in a saucepan and cover with hot water, allowing them to simmer gently until the latter is quite absorbed. After melting three ounces of butter, fry two onions and two sliced tomatoes in it until the onions turn a light brown. Then add a tablespoonful of curry powder and let them cook for ten minutes, taking care that the onion does not become too brown. Thicken with one tablespoonful of flour. Now pour in half a pint of hot water and as soon as the ingredients be-

gin to boil, draw the saucepan to the side of the stove and let them simmer for a quarter of an hour. Next add to the curry sauce one pint of coconut milk, a dessertspoonful of sweet chutney, one teaspoonful of vinegar and a squeeze of lemon juice. Taste the sauce to ascertain whether a little more sweet or acid is required. Rub through a fine sieve, put in a clean saucepan and add the chestnuts and two tablespoonfuls of cream. Allow the nuts to simmer in the curry sauce half an hour.

Almond Fritters—Boil and mash four good-sized potatoes. Add to them a dozen almonds chopped fine, one tablespoonful of butter, two tablespoonfuls of sugar, one teaspoonful of salt and the well-beaten yolks of four eggs. After mixing thoroughly form into fritters. Roll them in one tablespoonful of flour and four tablespoonfuls of breadcrumbs, mixed together and fry in oil.

A very tasty salad of nuts has oranges and olives sliced on crisp lettuce leaves and thickly sprinkled with the halves of English walnuts or pecan nuts. The dressing is a simple mixture of imported olive oil, sugar, lemon juice and salt and pepper.

Chestnut Souffle—Mix a rounding tablespoonful of flour and a quarter of a cupful of sugar. Add a cupful of chestnut kernels, boiled and mashed. Then grind very finely half a cupful of milk. Cook five minutes, straining constantly. Beat the whites of three eggs until stiff and dry, cut and fold into the hot mixture. Fill three-quarters full, set in a pan of hot water and bake in a slow oven until firm to the touch. Turn out and serve with whipped cream or lemon sauce.

Chestnut Cream—Boil two pounds of sound chestnuts, from which the tops have been cut off, until tender. Remove the outer and inner skins and stew the kernels in a sugar syrup flavored with lemon peel, and, if desired, a wineglassful of brandy. When soft and clear, pass through a sieve. Sweeten a pint of cream and whip until stiff, then flavor with vanilla and mix gradually with the chestnuts. When thoroughly blended place the chestnut cream in a fairly deep dish and stand on ice for an hour. At the end of that time, cover the chestnut mixture entirely with whipped cream, sweetened and flavored with vanilla, and decorate with candied cherries.

Nut Cheese—Chop very fine one-fourth pound of almonds, one-half pound of pecan nuts or pine nuts, one-half pound of roasted peanuts. Pack this mixture into tumbler and when wanted for use, mix with cottage cheese made from sour milk.

Huffins—Soak one quart of chestnuts until tender, remove the kernels and press through a colander. Add to this one tea-

spoonful of salt, the yolks of two eggs whipped into half a cup of milk. Next stir in half a cup of flour containing one teaspoonful of baking powder. Fold in the beaten whites of the eggs and bake in pans.

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The Comfort of Little Pillows

THE little head pillows should not be regarded as a luxury, to be had by a few, but a necessity, to be had by everybody. It insists a doctor whose fad, if it can be called a fad, is that people should be comfortable as they sleep.

"Most people exclaim to me, 'Why, we are comfortable when we sleep,' but I know better. They can't be with heads lying on the usual large bed pillow which brings a strain at the neck.

"Unconsciously, people seek to avoid this neck strain by bolstering their head with arm or hand, by humping the pillow about the head, by attitudes that throw the whole body into a stiffness that does not permit perfect relaxation.

"Little head pillows obviate all this strain. It is not a fad to have two or even three to tuck about one's neck and back to relieve the slightest effort against absolute relaxation.

"I never knew what peace was till I tripe your idea," one of my patients told me. "I never waked up in the morning without a strain of more or less annoyance to me in my neck, for through all my life I never had been able to get perfectly comfortable in bed. Now, I tuck my little wedge pillow, as I call them, about me, and never bother about comfort, for I am simply surrounded by it."

"Speaking of comfort in sleep, why are most people so hard on themselves in the matter of blankets? People who can have plenty of luxuries will stint themselves in the quality of their blankets, purchasing for themselves those made for the most part of cotton-heavy, unyielding coverings that settle down like a weight of lead upon one, driving tired-out limbs all through the night. It's warmth that one wants from blanket covering, not weight. Every ounce of weight on the body as it sleeps is an ounce of something to be deplored.

"Let it be your first luxury, if you will insist upon calling necessities for health luxuries, to put a lot of good money in blankets. You'll have to put in a lot of money, for the fine blankets are expensive.

"A very fine blanket, carefully cared for at washtimes and at moth seasons, will outlast a cheap blanket by so many years that there is absolutely no comparison between them.

The Return of Sherlock Holmes

CONTINUED FROM PAGE 45.

in the cellar," said she. "Her husband lies snoring on the kitchen rug. Here are the keys, which are the duplicates of Mr. Rucastle's."

"You have done well, indeed," cried Holmes with enthusiasm. "Now lead the way, and we shall soon see the end of this black business."

"We passed up the stair, unlocked the door, followed on front of a passage, and found ourselves in front of the barricade which Miss Hunter had described. Holmes cut the cord and removed the transverse bar. Then he tried the various keys in the lock, but without success. No sound came from within, and at the silence Holmes' face clouded over.

"I trust that we are not too late," said he. "I think Miss Hunter that we had better go in without you. Now, Watson, put your shoulder to it, and we shall see whether we cannot make our way in."

It was an old, rickety door, and gave at once before our united strength. Together we rushed into the room. It was empty. There was no furniture save a little pallet bed, a small table and a basketful of linen. The skylight above was open, and the prisoner gone.

"There has been some villainy here," said Holmes; "this beauty has guessed Miss Hunter's intentions, and has carried his victim off."

"But how?"

"Through the skylight. We shall soon see how he managed it. He swung himself up onto the roof. 'Ah, yes,' he cried, 'here's the end of a long light ladder against the eaves. That is how he did it.'"

"I have my revolver," said I. "Better close the front door," cried Holmes, and we all rushed down the stairs together. We had hardly reached the hall when we heard the baying of a hound, and then a scream of agony, with a horrible worrying sound which it was dreadful to listen to. An elderly man with a red face and shaking limbs came staggering out at a side door.

"My God!" he cried. "Some one has loosed the dog. It's not been fed for two days. Quick, quick, or it'll be too late!"

Holmes and I rushed out and round the angle of the house, with Toller hurrying behind us. There was the huge famished brute, its black muzzle buried in Rucastle's throat, while he writhed and screamed upon the ground. Running up, I blew its brains out, and it fell with its keen white teeth still meeting in the great creases of his neck. With much labor we separated them, and carried him, living but horribly mangled, into the house.

We laid him upon the drawing-room sofa, and having dispatched the sobbing Toller to bear the news to his wife, I did what I could to relieve his pain. We were all assembled round him when the door opened and a tall, gaunt woman entered the room.

"Mrs. Toller," cried Miss Hunter. "Yes, miss; Mr. Rucastle let me out when he came back before he went up to you. Ah, miss, it is a pity you didn't let me know what you were planning, for I would have told you that your pains were wasted."

"'Hail!' said Holmes, looking keenly at her. "It is clear that Mrs. Toller knows more about this matter than anyone else."

"Yes, sir, I do; and I am ready enough to tell what I know. She was slighted like, and had no say in anything; but it never really became bad for her until after she met Mr. Fowler at a friend's house. As well as I could learn, Miss Alice had rights of her own by will, but she was so quiet and patient, she was, that she never said a word about them, but just left everything in Mr. Rucastle's hands. He knew he was safe with her; but when there was a chance of a husband coming forward, who would ask for

all that the law would give him, then her father thought it time to put a stop on it. He wanted her to sign a paper, so that whether she married or not, he could use her money. When she wouldn't do it he kept on worrying her until she got brain fever, and for six weeks was at death's door. Then she got better at last, all worn to a shadow, and with her beautiful hair cut off, but that didn't make no change in her young man, and he stuck to her as true as man could be."

"Ah, said Holmes; "I think that what you have been good enough to tell us makes the matter fairly clear, and that I can deduce all that remains. Mr. Rucastle then, I presume, took to this system of imprisonment?"

"Yes, sir."

"And brought Miss Hunter down from London in order to get rid of the disagreeable persistence of Mr. Fowler?"

"That was it, sir."

"But Mr. Fowler, being a persevering man, as a good seaman should be, blockaded the house; and, having met you, succeeded by certain arguments, metallic or otherwise, in convincing you that your interests were the same as his."

"Mr. Fowler was a very kind-spoken, free-handed gentleman," said Mrs. Toller, earnestly.

"And in this way he managed that your good man should have no want of drink, and that a ladder should be ready at the moment when your master had gone out."

"You have it, sir, just as it happened."

"I am sure we owe you an apology, Mrs. Toller," said Holmes, "for you have certainly cleared up everything which puzzled us. And here comes the country surgeon and Mrs. Rucastle, so I think, Watson, that we had best escort Miss Hunter back to Winchester, as it seems to me that our locus standi now is rather a questionable one."

And thus was solved the mystery of the sinister house with the copper beeches in front of the door. Mr. Rucastle survived, but was always a broken man, kept alive solely through the care of his devoted wife. They still live with their old servants, who probably know so much of Rucastle's past life that he finds it difficult to part from them. Mr. Fowler and Miss Alice were married by special license in Southampton the day after their flight, and he is now the holder of a government appointment in the island of Mauritius. As to Miss Violet Hunter, my friend Holmes, rather to my disappointment, manifested no further interest in her when once she had ceased to be the center of one of his problems, and she is now the head of a private school at Walsall, where I believe that she has met with considerable success.

THE END.