

The method used in Europe in pro-ducing a perfectly finished article, after ducing a perfectly finished article, after numerous experiments, is narrowed down to the following: The grains are previously soaked in warm water until they expand. They are then treated consecutively in five or six portions of fresh milk, about two or three hours in every change, until they become ready for use. The grains thus treated are mixed with milk at the rate of one tablespontul of the grains to two glasses of milk (boiled preferred). The vessel, either glass or enameled, is left in a dark place slightly stoppered at a temperature of about 50 degrees and frequently shaken. After from eight to 12 hours the mixture is strained through sterilized gauze into a clean vessel which is well stoppered and fir," Long Regarded as d-Given Food That Staved Hunger, Made Here. SSIAN BRINGS SECRET

n Popick, Arriving With Fou acture-Dr. Tilzer Tells of Remedial Fermented Product.

said to be a legend in the untains of the Caucasus to the eft that when the most high Allah person with a few chosen i faithful Moslems, he sent to the hteous people of their faith, as a en of his affection, a food that would them from hunger forever.

are are other legends accounting origin of "kefir," a certain id of fermented milk, and medical have various theories for its In, the most commonly accepted bethat of Dr. Tichomiroff, of Moscow o says that "kefir." speaking of bacterium responsible for the par-ular kind of milk fermentation, is modified hay bacterium, which nd its way into the particles of sine which adhered to the folds of native milk-skins, or hide bags ich the milk was kept and car

Secret Kent Long.

Secret Kept Long. It was found that the grains con-ining the bacteria could be put in by milk, with a particular fermenta-on resulting. The people of the ucasus, it is said, guarded the se-et for centuries, believing that, as was a special gift to them from itah. it would lose its power if it It into the hands of unbelievers. The use of Kefir is well known to the medical profession of Russia, but just beginning to become known in merica. So far as is known to its filand manufacturer, Aaron Popick, 293 Grant street, he is the first to roduce it in this country. M. Popick came to Portland in Sep-mber, 1913. He had sold his interest a family "Kefir" factory in Russia, enthusiast on the subject of "Kefir," made inquiries and discovered that ither the public nor the medical dression had any definite knowledice there the public nor the medical there there the public nor the medical there

her the public nor the medical fession had any definite knowledge the preparation so popular in Eu-

Enlightening Pamphlet Issued.

subject. lied a treatise on "Kefir," which, lated by J. M. Ricen, P. H. G., has published and distributed among ind physicians.

month after Mr. Popick ar-Portland, bringing four Portland, bringing four "Kefir" grains, he started sale for it among his peigh-South Portland who had come and who knew the vir-ented milk.

later Dr. A. Tilzer called



Popick, Who Has Introduced Russian Food-Drink in Portland.

shaken every two or three hours, but

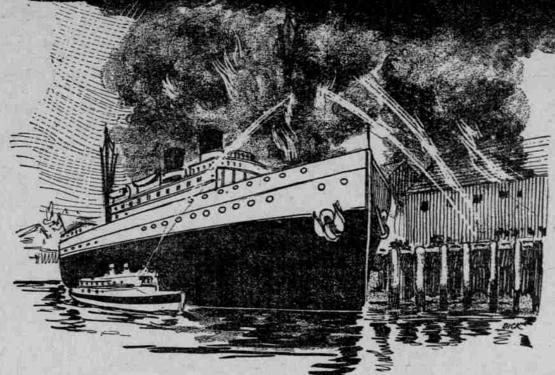
iess of the grains to the same amount of milk and by allowing the grains to remain in the milk twice as long. If yery fine grains are used the fermen-tation will commence sconer and thus shorten the process of preparation. This, however, is simply a question of calculation, the main process being the same same

same. **atreation** so popular in Eu- **atreatise** on "Kefir." which, ied by J. M. Ricen, P. H. G., has d physicians. **bindy** way in which Mr. Popick at **atreatise** on "Kefir." which, ied by J. M. Ricen, P. H. G., has **bindy** way in which was that there atreatise on "Kefir." which, is this here and distributed among **bindy** way in which at there at the second with a particles of case **bindy** way in which was that there **bindy** a treatise on "Kefir." which, and physicians. **bindy** a physicians. **bindy** a treatise was that there **bindy** a treatise on "Kefir." which, **bindy** a treatise on "Kefir." which, **bindy** a treatise on "Kefir." which, **bindy** a physicians. **bindy** a treatise was the treatise on the treatis the treatis the treatise on the treatise on the treatise on to its strength as weak, medium and

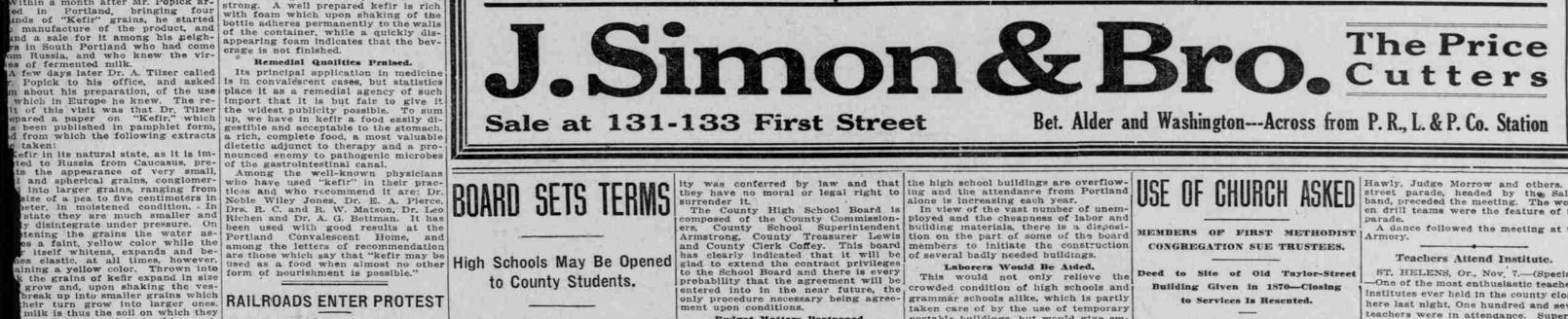
strong. A well prepared keffr is rich with foam which upon shaking of the bottle adheres permanently to the walls of the container, while a quickly dis-appearing foam indicates that the bev-erage is not finished. Remedial Qualities Praised.

w days later Dr. A. Tilzer called Popick to his office, and asked is in convalescent cases, but statistics about his preparation, of the use which in Europe he knew. The re-of this visit was that Dr. Tilzer pared a paper on "Kefir," which been published in pamphlet form, from which the following extracts

Freat fire Salvage Sale



Everyday Household	Copper Tea Kettles, Galvanized Wash Tubs, Fencing, Carpenter Aprons,	A Big Lot of Sweaters at Immense Reductions
Needs at Immense Savings:	Garden Hose, Plumbing Material, Show Cases, Cabinet Files, Books— All at Astounding Reductions	Diamond and Michelin Auto Tires 33 1-3 Per Cent Off List
\$2.00 Chairs for.75c85c Chairs for.30c\$6.00 Gas Heaters\$1.98\$1.25 Copper-Bot. Wash Boilers.65c30c Nickel-Plated Sifters.15cTea Spoons, 3 dozen for.10c\$2.00 dozen Pillow Slips, dozen.85cLamps for.15c	Axle Grease, 3 boxes for	90,000 cans Campbell's & Van Camp's Soups. All flavors. Positively 5 5 5 5 5 5 5 5 5 5
60c Lanterns for		A. & I. Preserves



conferred by law and that the high school buildings are overflow- IIOF OF OUIIDOU Howrow Hawly, Judge Morrow and o street parade, headed by the Salem band, preceded the meeting. The wom-en drill teams were the feature of the USE UF GHUNGH ASKED parade.

neir turn grow into larger ones. milk is thus the soll on which they

twe and grow and it is this mani-tation of life and growth in the milk ferments it and brings about the hed drink, kefir.

It ferments it and brings about the ished drink, kefir.
Two Microbes Found.
It881 the first scientific botanical iripition of the grains appeared in amphiet by Dr. Kern. He made an inaustive analysis of kefir and retet at wo microbes, the fermentative first and a species of bacilli he named spora Caucasica.
The rapidity of conversion of sweet lik into finished kefir depends on the equency of shaking the fermenting fixture, on the quantity and fineness of ite grains used; also the temperature, which it is subjected. At a very low imperature, for example, the fermenting fixture, on the quantity and fineness of ite grains used; also the temperature which its about 66 per temperature, which is about 66 per temperature, temperature, temperature, temperature, tempe

several other railroads will be heard at meeting early next week.

Liquid Becomes Watery.

It appears that a considerable part the fine, delicate casein which is spended in the emulsion gradually comes dissolved. Upon still further rmentation it turns into a semi-trans-rent watery liquid, in which state it mains for some time and does not come separated. At a lower tem-rature a less add product is ob-ned, with a larger amount of car-nic add gas and alcohol, while at a her temperature the acidity in-ases, with a decrease of both car-nic acid and alcohol.

natives use exclusively vessels e of hides, which they fill with t, then throw in the grains, bind orifice tightly and leave it to ferthat a moderate temperature, ald-the fermentation by frequent shak-The vessel is generally left out-their cabins and it is customary every passerby to kick or otherwise urb the vessel to aid in its comple-

then the native wants to use some the kefir he ties the vessel below the fice at a distance he calculates to source, unties at the top and pours the released quantity. By so doing prevents the escape of carbonic acid a. The vessel is then refilled with the for constituted formentation. This

Associate in Grape Julce Concern

Says He Was Cheated.

Tentative Valuations Opposed or CONTRACT IS PROPOSED Basis of Business Depression.

Portland Directors Reject Plan Offered and Make One of Their **Own** Fixing Conditions for Sharing in Fund.

The School Board at a special meet-

ing yesterday decided to enter into a contract to accept the benefits of the

county high school fund and in return admit to the Portland high schools

admit to the Fortland high schools children residing in any section of Multhomah County not already served by a high school, free of tuition, pro-viding the Multhomah County High School Board will agree to certain gov-erning conditions. Thus, instead of accepting the pro-

Thus, instead of accepting the pro-posal made a few weeks ago by the county board, the School Board has adopted a proposal of its own and dele-gated authority to its clerk, R, H. Thomas, to frame its proposal. If the contract is accepted by both boards, the Portland district will re-ceive about \$48,000, which has not here-tofore been available, for the reason that it has charged tuition for the at-tendance of every publi living outside

tendance of every pupil living outside the boundaries of the Portland district, whether within or without Multnomah

County. Taxpayers Are Interested.

The funds were raised pursuant to a levy made by the County Commission-ers and each taxpayer in the county

SAN FRANCISCO, Nov. 7.—(Special.) Jack London, the novelist, was one of the defendants in a suit for \$31,250, filed today by W. H. Beatty, who al-leges that on April 28 last he entered into a contract with London, Tom Wilk-inson and A. M. Allison in connection with "the Jack London Grape Julce Company." He says that on July 16 last the con-He says that o

cern was incorporated with \$250,000 by the County Board, with the consent capital. Beatty alleges that on Sep-tember 15 last a meeting was held by students, unless transferred and all the directors of the company and a resolution was adopted causing the articles of incorporation to expire on September 18. He declares that a new company was formed and that he had been cheated out of the amount named in the suit.

Contract Only Experimental.

the released quantity. By so doing prevents the escape of carbonic acid e. The vessel is then refilled with ik for continued fermentation. This the primitive method of the natives d rather an insanitary one and as the vessel made out of hides is difficult o keep clean, the result is a very sour of somewhat malodorous product. Of te quite a few natives recognize the sadvantage of such a method of prep-ation and are gradually adopting the

entered into in the near future, the only procedure necessary being agree-ment upon conditions. taken care of by the use of temporary portable buildings, but would give em-

Budget Matters Postponed.

The School Board met in executive ployment to a large number of Portession to commence deliberations on land laborers at a time when economy the budget for the year, but when the can be effected in purchasing building ounty high school fund was broached materials.

Suit was brought by members of the county high school fund was broached budget matters were postponed until some time this week. Before arriving at the decision, County Superintendent Armstrong and Lawyers Nicholas and McCoy, attorneys for the Board, were called into conference. Many problems face the Board in pre-marine its budget, allowances for salaries and general operation, maintenance and administration ex-penses. The district has about \$20,000 I Penses. I Penses and administration ex-penses. The district has about \$20,000 I Penses. I Penses and administration ex-penses. I Penses and administration ex-penses. I Penses and administration ex-penses. I Penses and Budget Penses. I Penses and Budget Penses. I Penses and Budget Penses and Budget Penses. I Penses and Budget Penses Administration Penses Administr

Many problems face the Board in pre-paring its budget. For instance, if chil-dren from the county generally are to be admitted to the high schools free of tuition the finding of room to take care of them will be a big task. Already many the prost framed by the board run. Son. J. L. Hartman, Philin Bushner,

DALLAS BOY WINS PRIZE TEMPERANCE ESSAY.

Ray Grounds

ditions.

idan.

The report framed by the board will be submitted at the annual school meeting November 24, when the tax levy will be determined by the legal school voters in assembly. fondants. It is asked that the defendants be

Taxpayors Are Eligible.

restrained from longer preventing the plaintiffs and other members of the congregation from entering the church Those who are listed on the last taxroll as taxpayers are eligible to take and worshiping there.

Deed to Site of Old Taylor-Street

Building Given in 1870-Closing

to Services Is Resented.

Legal action was taken yesterday to

reopen the old Taylor-Street Church

and rededicate it to religious purposes.

roll as taxpayers are eligible to take part in this meeting and vote on the levy. Last year the board recommend-ed a levy of 5 5-10 mills, but so many demands were made by the taxpayers for additional building appropriations that a stormy meeting finally ended with the decision that the tax levy should be 7 5-10 mills, which brought the budget to about \$2,250,000. With the funds made available by this levy, the \$160,000 Couch, \$160,000 Shattuck, \$2400 Fulton Park, \$55,000 Richmond schools are now about to be erected. Sufficient money is left over to finance the erection of a nine-room, one-story building to displace the portable buildings serving the Irv-ington Park district.

the portable buildings serving the Irv-ington Park district. In addition to the ordinary running expenses, which are necessarily heavy in a district as large as Portland, it is regarded as probable that money wills have to be provided for several new buildings this year, but the number and location of the structures cannot be estimated until the budget is under way. OPINION BACKS TEACHERS

OPINION BACKS TEACHERS K. Adams.

School, Is Decision of Attorney.

MEMBERS OF FIRST METHODIST A dance followed the meeting at the Armory. CONGREGATION SUE TRUSTEES.

Way! Make Way!

\$25,000 Salvage Stock

Recovered From the Str. Francis H. Leggett

Bought by J. Simon & Bro. to Be Sold at

131-133 First Street

to Make Way for the

\$75,000 Salvage Stock

Of the Steamer Catalinal

Monday Morning at 8 o'Clock the Doors Swing Open

in Greeting to the Waiting Thousands Who Will Come to Buy These Goods at a Small Fraction of Their

Worth! Read Every Item-See What Wonders a Few

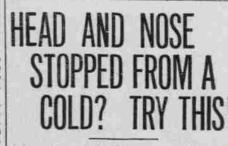
Dollars Will Work!

Teachers Attend Institute.

ST. HELENS, Or., Nov. 7 .- (Special.) -One of the most enthusiastic teachers' Institutes ever held in the county closed here last night. One hundred and seven eachers were in attendance. Superintendent Alderman, of Portland, gave the closing address. A county ath-letic association was formed. J. W. Allen, County Superintendent, intends to make the annual institute a drawing card each year.

Prohibition Majority Now 13,255.

SEATTLE, Nov. 17 .- With only a few scattered precincts missing, the ma-jority for prohibition in the state is



"Pape's Cold Compound" ends severe colds or grippe in few hours.

Your cold will break and all grippe misery end after taking a dese of "Pape's Cold Compound" every two hours until three doses are taken.

It promptly opens clogged-up nos-

assistance, tastes nice and causes no inconvenience. Accept no substitute.--

Adv. GOVERNOR-ELECT IS HEARD Representative Hawley and Judge HOMEOPATHIC PRESCRIPTIONS, SPECIFICS, TRITURATES, Morrow Also Address Artisans. SALEM, Or., Nov. 7 .- (Special.)-Gov PELLETS. HOMEOPATHIC PHARMACY IN CHARGE OF A TRAINED HOMEO PHARMACIST, SEND FOR CATALOGUE. WOODARD, CLARKE & CO.

Alder Street at West Park, Portland, Or.

Taking the stand that liquor is not an industrial asset, Ray Grounds, of Dallas, Or., won the first prize of \$15 offered by the Woman's Christian Temperance Union for the best "Oregon Dry" besay written by a bigh school SALEM, Or., Nov. 7.--(Special.)--Keeping children who are lax in their studies and deportment in after school is legal, according to an opinion ren-dered today by Assistant District At-torney Benjamin. The question arose over the action of two women in taking their children essay written by a high school student in this state. The sub-ject chosen by the boy was: "How Oregon Dry Will Affect Industrial and Economic Con-The prize of \$10 offered for the

is legal, according to an opinion ren-dered today by Assistant District At-torney Benjamin. The question arose over the action of two women in taking their children from the Buena Vista School while the teachers were detaining them after the regular school hours. When R. G. Dyk-stra, principal, remonstrated with the says the school hours shall be from 9 o'clock in the morning until 4 o'clock in the afternoon, with one hour recess.

grammer school students was di-vided, among five winners; Stella Sheldon and Lilian Parks, of Brownsville: Vinona Rice, of Dallas; Paul Prater, of Creswell, and Florence Shortridge, of Sher-idan

Lax Pupils May Be Kept After