

EDITORIAL PAGE OF THE JOURNAL

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Our acts our angels are, or good or ill,
Our fatal shadows that walk by us still.
—John Fletcher.

DON'T KISS THE HAND THAT SMITES.
IN 1897 the O. R. & N. company operated 1,059 miles of road. In 1907, 1,245 miles. In 1907 its gross earnings were about \$4,000,000; in 1907 about \$13,000,000; in 1907 its surplus earnings for the year and its total surplus were about \$560,000; in 1907 its surplus for the year was about \$5,000,000, and its total surplus about \$29,000,000. It has in the meantime created from earnings of one kind and another, funds of various kinds amounting to over \$1,750,000. It has appropriated for betterments and equipment from income over \$5,500,000, and it has in many places and for many miles rebuilt its road out of income.
The earnings of the Oregon & California Railroad company also show a large growth. In 1897 it operated 654 miles and its total income was \$1,400,000; in 1907 it operated 655 miles and its income was \$6,417,000. In 1897 it had a deficit. In 1907 a surplus. In 1906 it could and did depend out of earnings on maintenance of way alone over \$200,000 more than its entire income in 1897. This in brief is the history of the growth of these properties during this period and which it would seem would have justified extensions at least into interior Oregon.
Suppose it was the policy of the Harriman lines to spend one half or two thirds or all of their surplus earnings in Oregon each year for extensions in Oregon—in other words to return to Oregon a part of the money earned in Oregon—would there be any shortage of transportation facilities as now, any part of Oregon suffering from the need of means and ways of getting produce to market? Not by any means. And yet such a policy would result only in "spending the people's money" for the people's benefit, allowing Harriman et al. to own and operate the roads that these surplus funds would build.

Under Mr. Harriman's present policy of "doing nothing" his lines are piling up a surplus of something near \$5,500,000 to \$7,500,000 a year of Oregon people's money for which they receive neither service nor consideration. This means that something like \$20,000 daily in cash is flowing eastward out of Oregon to enrich Harriman and the few men that may be intimately associated with him in his deals.
Oregon people are willing to contribute to the support of railroads, to meet operating expenses, maintenance charges, betterments and all such legitimate burdens, as well as reasonable interest and dividends, the latter even on watered stock capitalization, but they are not willing to go on piling up surpluses, which are extortionate and unfair, to be sent east to be divided among a few people who never earned nor are they entitled to any portion of them. Oregon people are determined to put an end to all such brigandage, and are moderate in demanding that a portion at least of these surplus monies—this unearned increment—be spent for rail extensions in Oregon, for better development of the state and to the benefit of the people thereof, and they will and should exert and set in motion every force over which they have control to bring about "a square deal," and thus enable themselves to create a great commonwealth.

A people who are not able to break the shackles which threaten to bind their own limbs are not fit to be free!

THE GAME OF POLITICS.
POLITICS is a very fascinating game. And it is not only a legitimate game, but it played with good purposes a laudable one. A great many men like to play it, and there are always room and opportunity for many players. It is because of the fascination, the desirability of the game of politics that parties are "necessary," and that people must divide somewhere near equally between at least two parties. Otherwise it is not really necessary that people should oppose one another in nearly equal numbers on some important national subjects or propositions that arise, but unless these were done there would be little chance to play the great game of politics. We read in our school his-

ories that one president, Monroe, had practically no opposition, and his term was known as "the era of good feeling." But this could not last, for too many ambitious men, with one purpose or another in mind, wanted to get up and maintain the great game of politics.

This is not written in derision, or even in criticism of the game itself. Even in its narrow and common meaning, politics is not to be despised. In its broader sense every citizen ought to take a deep and constant interest in politics, the science of government. We say nothing against party politics of the right sort, when the game is played on a high plane and up to high standards, the good of the country, the greatest number of people, being the object, for the source of so general a desire and aspiration cannot be altogether bad. Individual selfishness may be too large an element in political ambition, but in what is it not a large if not a controlling factor? Let us not try to change human nature more than a very little within any brief time.

So it is not the game of party politics that The Journal has sometimes criticized, but the style and methods of the game, especially in these two particulars: First, making party paramount to the country or state, the people as a whole; and second, the habitual, constant and too often successful attempts to deceive the people in various ways, as to the party's performances and accomplishments. What this paper urges and seeks to aid in bringing about is more truth, honesty and candor in party politics. There should be more sincerity and less dissimulation, more talk of the public weal and less of party fealty, and above all a far higher conception of political service and duty.

Public service ought to be and may be, and indeed often is, in fact what it is in theory, highly honorable, the most honorable employment in which a man can engage. He should be a proud and happy man who, placed in a public position, can be of real service to, can benefit, millions, or thousands, of his countrymen. To covet such a place for such a purpose is a noble ambition, and the man who holds to that purpose, rather than considering service to party or personal friends or self, is worthy of the people's honor. That there are many such men in public life, all the way from president down to county commissioners and councilmen, we know; perhaps of this we say too little; but on the other hand what an army there is of utterly selfish, narrowly partisan fellows in office, whose highest ambition is in one way or another to benefit first self, then near personal and political friends, then party, at the people's expense, and who give no thought to the welfare and happiness of the people, to the good of country, state, county or city.

There has been an improvement in this respect within the past few years. Roosevelt, spite of some inexcusable contradictions, has given politics a tremendous moral uplift. So have various other public men. Bryan in his way has helped. And one exceedingly beneficial result has been that as to a great many voters party ties have been loosened. They feel freer to act according to a more intelligent judgment, a quickened conscience, even if it do so should at least temporarily take them across the party line. The game will go on; it is the most interesting game on earth; we would not have it abolished if we could; but we would have it played according to higher ideals, and with the masses of voters understanding it better and taking a greater part in it.

WHAT MAKES A DEMOCRAT?
THE Pendleton Tribune still insists that any man who voted for Chamberlain is therefore a Democrat, and that it is enough to prove that this is so for Mr. Geer to say so. His "common sense," he says, decides the question. He declares that "when a man deliberately votes for a Democrat to occupy the highest political office within the gift of the people he proclaims himself a Democrat, he looks like a Democrat, he acts like a Democrat, and he is a Democrat."
But a good many of these men voted for Ellis or Hawley, candidates for "purely political" an office as that of senator, and for other Republican candidates. That, by Mr. Geer's own reasoning, makes them Republicans. So they are both Republicans and Democrats at the same time. With this view of the case we agree, and we see no inconsistency in it, when nobody can tell the difference between a Republican and a Democrat, except in the case of an officeholder or an active politician working for an office or for spoils.
Many of these Republican Democrats who voted for Chamberlain will vote for Taft next November, and as the presidency is a bigger office than senator, they will all, according to the Tribune's own logic, then become Republicans again. So Mr. Geer can't keep all of them out of the Republican party, after all.

Accounted For.
From the Philadelphia Ledger.
Mrs. J. a patient was much tried by a servant who had the habit of standing around with her mouth open. One day the maid, waiting upon the table her mouth was open as usual, and her mistress said:
"Mary, your mouth is open."
"Yes, sir," replied Mary; "I opened it."

SOME LOCAL NEWSPAPER HISTORY

THE JOURNAL is a rival, a competitor of the Oregonian and its evening edition, and to some extent must be a "thorn in the side" of the opposition, if one is to judge by the attacks made upon this paper frequently, and almost daily here in late, in the evening issue of The Journal's morning-contemporary. In its issue of Monday evening, June 22, there appeared an article, the purpose of the publication of which is to make it seem that The Journal is in "financial distress." Such not being the case and the facts being of interest, the publisher of The Journal deems it within his province to make reply.
The article referred to, appearing in the Oregonian's evening edition, was verbatim as follows:

MORTGAGE PLACED ON THE JOURNAL

One Hundred Thousand Dollar
Plaster at 7 Per Cent on the Evening Rainbow.

A mortgage has been given by The Journal Publishing company to the Security Savings & Trust company to insure the payment of \$100,000 in bonds, bearing interest at 7 per cent, payable semi-annually May and November due in five years. Each bond has a par value of \$500. They are called "Bonds and interest are payable at the Security Savings & Trust bank, and each bond is certified by the trust company to be one of the bonds issued on the mortgage. Aside from these things, the consideration is expressed to be \$1. Under the mortgage the Journal Publishing company conveys (in trust) to the trust company, its successors and assigns forever, all and singular the following described property, rights, franchises and privileges now owned or hereafter to be acquired by it, that is to say:

The Journal Publishing company conveys (in trust) to the trust company, its successors and assigns forever, all and singular the following described property, rights, franchises and privileges now owned or hereafter to be acquired by it, that is to say: All the right, title and interest of the Journal Publishing company in the following property, situated in the Goodwood building: printing presses, motors, stereotyping machines, shafting, belts and pulleys; all type cases, stands, cabinets, galleys and all other persons and property used in the printing department of said publishing company, or belonging thereto; the name "Oregon Daily Journal," the Semi-Weekly Journal, Oregon Weekly Journal, Oregon Sunday Journal, the Oregonian and Goodwood Building newspaper; the daily, weekly and semi-weekly subscription list, and all contracts for advertising, notices and subscription lists and advertising contracts to operate and run the present business of The Journal Publishing company; all furniture, office fixtures, library, all goods, chattels and personal property now owned or hereafter to be owned or acquired by The Journal Publishing company, or in any way relating or pertaining to or belonging to the business of the company, or used for conducting the same. All rights in law and equity. And all the rents and profits of the business.

If the Journal fails to pay any part of the interest or principal or any of the bonds, the Security Savings & Trust company, after default extending three months, may take charge of The Journal and its business, and conduct the same as if it were the highest bidder. Thirty days' notice by publication must be given of such action. When the business of the company has been extended three months, the principal of all the bonds becomes due and payable to the trust company, and also forecloses the mortgage by a suit in equity.

The Journal has to admit, in meekness and with humility, that the above statement is true. There is a mortgage on its plant, fixtures, good will and business, and the \$100,000 of bonds this mortgage secures have existed of record at the courthouse for more than five years, from April 25, 1903. It would seem strange that The Journal's ferret-eyed contemporary had not discovered it sooner.
However, as that paper is in the habit of printing only that news that has grown musty with age, its publication of the existence of the mortgage is well understood.
In this connection it may be proper to say that The Journal has met the interest under the mortgage promptly for the past five years, as those who hold the bonds can testify—so much so that the bonds are actually in demand—the supply not being equal to it. And further, there is \$60,000 of outstanding preferred stock against The Journal, on which is paid promptly to those who hold it, an annual return of 10 per cent—and it is so good an investment that this stock readily brings par and has sold at a premium. And besides these bonds and preferred stock there is \$60,000 of Journal common stock outstanding—all sold at par—on which last year there was paid in cash a dividend of 20 per cent. So the reader has the "financial standing" of The Journal in a nut shell, as follows:

It actually pays 7 per cent annually on \$100,000 of bonds secured by a mortgage of record;
It actually pays 10 per cent annually on \$60,000 of preferred stock, and this stock is not to be had at a figure less than par, if it can be purchased at all.
It actually pays 20 per cent on \$60,000 of common stock, and not a share of this common stock is for sale and it cannot be bought for less than \$180,000 for the \$60,000—or three to one, in the face of the fact that the bonds are ahead of the preferred stock and both bonds and preferred are liens ahead of the common stock, and in spite of the fact that the Oregonian's evening edition as well as its parent oppose and combat its progress.

And since The Journal's business is being strangled by its "loving friends," it may not be amiss to state that a majority of both the preferred stock and common stock is owned outright by the publisher of The Journal and the control and ownership of the paper is absolutely in his hands.
Now for the reason of the delayed publication of the existence of The Journal mortgage, which has been of record since April, 1903, as shown by the public records at the county courthouse during all of this time:
The managers of the Oregonian's evening edition are figuratively "up against it." They have endeavored to run The Journal "out of the field." They have tried to outspend The Journal, and all the while The

Journal has been making more and more money. The Oregonian is also making money, fully \$150,000 a year, and from this fund the growing deficit of its evening edition has been paid, but now with disappointment and discouragement—while all the time realizing that promises of some supposed newspaper managers never ripen into performance. It is actually known—facts will leak out of the inner precincts of close corporations—that the evening edition of the morning paper is losing as much as \$5,000 and even \$7,000 a month, and the end is not yet. Of course, the Oregonian and its publishers can stand it, but it causes a little ill-will and some irritation—with the result that The Journal is blamed for it, and frequent "shots" are taken at this paper in consequence, several times every week, and publication at this late day of the existence of the mortgage referred to is the latest exhibition of "trying to get even."

Small Change

Brace up, there'll be some summer yet.
Only a week more to become a June bride.
Moral: Girls should not flirt with motormen on duty.
Wall street will find a nice place for Cortelyou, all right.
And there isn't a bursted trust to point to with pride.
The old story, Orthodoxy is my doxy; your doxy is heterodoxy.
Perhaps Uncle Adlai Stevenson will run for vice-president again.

There is no significance in the fact that Taft rhymes with graft.
Wall street seems to be satisfied with the record of the country?
Bryan's chances were slim enough before Colonel Watterston came out for him.
No man can pay attention to a pretty girl and do anything else at the same time.
It ought not to become fashionable to have open-work hose in a fire department.
Assuming to know everything about unknowable things is superstitious egotism.
Can't the campaign openers be put under bonds to keep the peace during the summer?
It is no disgrace to a boy half-grown or more to be in love with his mother, and to show it.
It must be hard work for Candidate Taft to shake hands much—he has to reach out so far.

It is the time of year when everybody works but the summer girl, and she may work—the young man.
The Salem Statesman says Taft is as good as elected already. But Bryan may not get that paper.
If Secretary Wilson could and would run for the office he holds, he would run away ahead of Mr. Taft.
The year is nearly half gone, and Portland has not improved itself half enough for a year's record.
Taft's manager, Hitchcock, is in bad health; no wonder, if he is a man with a conscience, after looking-over that platform.
An exchange remarks that an Ohio candidate for president was never beaten. Yes, Hayes was but he got the office all the same.
The Republican convention also forgot to take account of the fact that the best trust advanced the price 2 cents a pound about that time.

None of us grown-ups can become a school child again, and few of us can become school teachers, and so have a three months' vacation.
A Tillamook paper claims that except for the Republican party dairymen could do nothing for their products—that nobody would eat that butter.
The new secretary of war is classed by some as a Democrat, but Bryan would probably deny that he is one. What is a Democrat anyway?
"Lend a Hand," the Oregon pentagram monthly, has grown into a large magazine, printed on book paper, is very neat typographically and contains much good matter.

Oregon Sidelights

Now watch Stayton swell up.
Medford is judicially wet, and happy.
Umatilla is the banner Republican county.
The waters of Tule lake are still slowly receding.
A Gilliam county man sheared 103 sheep by hand in one day.
A Eugene attorney named Allen was a classmate of J. S. Sherman.
Tillamook was the only county that gave woman's suffrage a majority in the late election.
Some snow fell in Baker City one day last week, the latest snowfall in 19 years, claims the Tribune.
The prospect is for large crops of grain throughout the Willamette valley, especially in Linn and Benton counties.
About 2,500 pounds of cream is hauled from Mapleton over to Junction City every four days, at a cost of 1.00 per ton, the receipts being about \$2,000 a month.
There is an enormous demand in the eastern and middle west states for information about Corvallis and Benton counties, says the Corvallis Times. Manager of the commercial club is in receipt of five to a dozen letters per day, asking for literature.

WANTED—Ten or 20 ladies to cut grass on the streets of Albany. Must come with a lawnmower, and be of good fortune. The city will furnish men to carry water.—Albany Herald.
A big La Grande sawmill has received a log skidding device that is operated by a locomotive and can climb a 12 per cent grade on a standard gauge track. Its arms reach out 1,000 feet in any angle and it has a power hand to calculate. A temporary track can be simply cleared, a roadbed and the logs are skidded to it by this monster and powerful machine.
An apple orchard near Milton which has never been known to anyone outside of a few neighbors and of which but little care has been taken, last year netted the owner \$800 per acre. A vineyard in the same locality yields \$500 an acre every year. A peach orchard last year netted \$480 an acre, and a three-acre strawberry patch \$310 an acre.

Big Held Up the News.
There was an interruption on a far western newspaper circuit of the Postal Telegraph company Tuesday.
Interruptions to a telegraph circuit due to other than human agency are referred to in the record books of the companies as "a bug on the wire," for want of a better explanation of the trouble.
During the afternoon of the day mentioned Wire Chief Dobbs was summoned to investigate the cause of trouble on the western circuit, which had, in the vernacular of the Chicago wire chief, "killed east."
Hastening to the desk on which the instruments are laid Dobbs discovered a large Croton tap perched on the connecting points of a pole changer, and actually closing communication on that circuit. The stranger had paid for its curiosity, however, for 350 volts of electric current had passed through the beetle, which had died before enjoying the sensation of holding up an important news story.
An old telegraph operator standing by the first time he had seen the real thing in his 30 years' experience.

Nathan S. Boynton's Birthday.
Nathan S. Boynton, founder of the order of Knights of the Maccabees, was born at Port Huron, Mich., June 22, 1837. In 1861 he went to war as a private in the Eighth Michigan Cavalry, and soon afterwards was promoted to the rank of major. After the war he was elected to the Michigan legislature and served several terms as mayor of Port Huron. His life work, however, has been devoted to the Maccabees, a fraternal beneficiary society, all of which he founded, and which now have a combined membership of over 700,000. These societies are the four branches of the order of Maccabees of one of which Major Boynton is still the head. In addition to his other work, he was a prominent factor in the organization of the national fraternal congress, and was one of its first presidents.

This Date in History.
1743—Theodora, the brilliant daughter of Aaron Burr, born at Albany, N. Y. Lost at sea January 1, 1811.
1888—Mather, a famous founder of Vassar college, died. Born April 28, 1772.
1884—Chinese attacked the French troops at Lang Son.
1886—Member of the Orleans and Bonaparte families expelled from France.
1896—George W. McCrary, father of the election commission that decided the Hayes-Tilden controversy, died at St. Joseph, Mo. Born in Indiana, August 29, 1836.
1896—Republican national convention opened at Chicago nominated Roosevelt and Fairbanks.
The Vienna Academy of Sciences has spent nearly \$9,000 in working 10 tons of uranium ore for radium. The yield was 0.1 gram of pure radium, the largest amount ever secured at once, the value being \$320,000.

First Draft of the Chicago Platform

By Wex Jones in New York American.
Once more the Republican party, Theodore Roosevelt assembled, submits his cause to the people. His administration is an epoch in the history of such as Washington or Lincoln never saw. Theodore Roosevelt has given us mighty progress in justice, equality and security. Dear to him are all who are debted for the Big Stick, the Annanias club and the Ten Commandments.
Theodore Roosevelt has fined Standard Oil, chased the Spaniards out of Cuba and the confidence out of bankers.
Theodore Roosevelt's achievements that will make Theodore Roosevelt his 19 or 20 places in history.
The United States now owns one fourth of the world's wealth, Standard Oil and the Steel Trust owning the other three fourths. In all the great necessities of life, such as coal, iron, oil, wheat, cotton, sugar, etc., the United States is the world's workshop, and the world's workshop is the United States.
Theodore Roosevelt in convention assembled declares unequivocally for a revision of the tariff upon such articles as are not imported into his country.
Between the United States and the Philippines Theodore Roosevelt, except in the interchange of products, except those objected to by the Sugar and Tobacco trusts.
Theodore Roosevelt in convention assembled declares for such amendments of the statutes of procedure in the federal courts as will prevent the delay of writs of injunction on the one hand, and will, on the other hand, facilitate the issue of such writs.
The difference between Democracy and Republicanism is that one stands for vaccination in government, the other for steam rollerism in Theodore Roosevelt.
Upon this platform of Theodore Roosevelt, Theodore Roosevelt orders the country to vote for his nominee and his party.

Party Name is Stumbling Block.
Elimination of party names, as in Canada, is the remedy for the best of all. The late Mr. Payne, an active member of the National Municipal League, for the elimination of party names from the ballot, writes, Said Mr. Payne upon this subject:
"The party has been in existence for a generation or more, and the Democratic party—and too many men are brought up in a party and could not be bribed to vote for another. They see their party tag upon the ballot they will vote for it; and many times, in many cases, it means that just because they know least of the city, who are ignorant of the vital local issues, are most apt to vote in the stimulus of the moment, and become the deciding elements in the election of nominees of parties to run the city government."
"If you have a primary candidate of the Democratic party and of the Republican party, the chances are that the major vote will go to the man who belongs to their own party. Inevitably, the government will be run by a handful of party men, who are handicapped from the start by that dominating power. The only way is to abolish the party, absolutely, national party, city elections."
"One objection offered to forbidding party designations upon the ballot is the danger of voter ignorance of the names of the candidates. That can be answered in this way: Barring out all party names, the voter will be able to know least of the city, who are ignorant of the vital local issues, are most apt to vote in the stimulus of the moment, and become the deciding elements in the election of nominees of parties to run the city government."
"Experience is about the best teacher and it has been proved in Canada, where, in the cities, party designations are eliminated, that the knowledge of the voters is not thereby determined. Favorable studies have shown that the voter who is able to select the man who publicly avows the right principles in city elections."

Pendleton is Not Scared.
From the Pendleton East Oregonian.
Because a few drummers are peddling out the story that Pendleton is ruined and about to be wiped off the map because of the prohibition law, Umatilla county, is no reason for Pendleton business men to be alarmed.
The city is also not to be alarmed. The brush waste marked the present sites of Vineland, Wenatchee, Kennewick, Walla Walla, and other districts. The land in those places is not better than that of the Hermiston and Echo country. Now all of those places are being irrigated, and the value of the land values out of sight.
In Umatilla county are over 100,000 acres of land, and the value of the land values as much as is included in the district surrounding any of the places mentioned. Soil, climate, transportation facilities, and all other things are abundant, seasons are long and sunshiny plentiful and within a few miles of the 100,000 acres will be supporting a dense population.
And Pendleton will be the center and hub of the entire country. Today, with a population two or three times the present population.
The industrial development of the city does not depend upon liquor traffic. Land values do not depend upon it. No good town was ever ruined by saloons. A saloon in a good town will ever be injured by the absence of the saloon.

The Daily Menu.
BREAKFAST.
Bananas, Broiled Shad Roe, Hot Toast, Coffee.
LUNCHEON.
Minced Tongue, Toast, Cream Gravy, Cherries, Gingerbread, Tea.
DINNER.
Puree of Peas, Baked Shad, Creamed Potatoes, Green Salad, Strawberry Short Cake, Coffee.
Shad—a shad is good broiled, served with butter and corn, or with lemon points and water cress; also stuffed and baked. Shad roe must be washed and served with tartare. To not cut the skin, then it can be broiled in a well-greased broiler. Some cooks brush over the roe with butter, and broil it while it broils. Serve with melted butter and a garnish of water cress. Shad roe is also fried and served with tartare. To not cut the roe it should first be cooked in boiling, salted water for 40 minutes, then wiped dry and broiled. Cut in thick slices, beaten egg, then in fine cracker crumbs and fry in deep hot fat. Or the roe may be fried or sautéed in a thick fat, the frying pan served with tartare. To bake roe, first cook 15 minutes in water, then drop into cold water for 10 or 15 minutes. Drain, wipe dry and lay in a buttered pan and bake in a moderate oven for from 30 to 40 minutes. When baking, baste with a cupful of either cream or tomato sauce; serve on a warm dish.
Best Salad—Choose young beets, wash well and trim off the tops. To not cut them or they will bleed. Boil steadily one hour or more. Drain and pour cold water over them. Cut in thin slices and removed easily. When quite cold slice them. To serve as salad arrange on crisp lettuce leaves and pour thick mayonnaise over each; or dress with a French dressing of oil, salt, mustard and vinegar, draining the slices until well coated, then arrange on lettuce leaves.



The Summer Girl.
THERE are innumerable ways in which the summer girl may make herself useful at home and her own sense and kindness of disposition may safely be depended upon to suggest to her those which will most directly contribute to the welfare of those about her.

But just as an illustration the way that one girl took may be mentioned. She decided that the dining-room should be her especial province. Mother understood the needs and the desires of the family in the line of cookery, and liked to do it, but this girl saw that the dining-room was mother's dislike. It was kept clean, but mother's work and there was no hominess about it. So this girl asked her mother if she might have the dining-room work and was gladly granted permission.
She began by taking down the sun-drenched curtains which hung on heavy wooden poles, and she put up curtains of unbleached muslin on rods against the windows. You do not know how pretty unbleached muslin curtains are until you see them. This girl wanted a note of blue in the room so she bought a blue muslin, a strip of dark blue was tacked above the hem, and the featherstitching was done in wash blue cotton.

This left room in the window for a window box, which any enterprising boy or girl who has had the manual training class can make. She placed it with blue denim, and within found a resting place for Ned's tennis racket, which was broken and placed on the sideboard, the magazine which usually littered the serving table, and the dusting cloths which she would need every day, but which she had no settled place for being found.
Always dinking that boarding-house looking table, she made it her business to polish up the table top and provide some neat centerpieces, not elaborate, but always spotlessly clean. The table in her business also to remove the cloth and shake it, folding it in the long, and the boys' napkins, which she placed in the clean centerpieces with a dish of fruit or a jar of flowers after each meal.
The boys' napkins had a queer trick of getting lost after one meal in that home, so the summer girl made some straight napkins, each with a monogram, and took only a little while to make them and the boys' napkins were no longer a trouble. They remembered to put the napkins in place instead of letting them slide off to the floor.
She had a box of her mother's old, odd-shaped silver pieces and polished and rubbed them until they shone, and then she placed them on the table. Instead of the every day crockery which usually stood there, and then she persuaded Ned to make a plate rack, and the table was made up with pieces which were not commonly used but had no definite abiding place went up there.

That was all for one summer, but she says she is not through with it yet. Next summer she is going to have a dining room which is not only clean, but so that there will not be so much sweeping and so much dusting. She is going to have some window boxes to give a note of color to the room, and instead of a view of the next neighbor's clothes line, she is going to have a view of the garden, and she will make herself and they will not cost more than a secret.
Eat Fruit.
WHEN fruit is at its best and is most plentiful, we may rely upon it largely in planning our menus. It is a natural and several good reasons why we should give fruit the largest place on the summer dietary. Few people eat too much fruit. Children may, if left to themselves in an orchard, but the remedy is at hand, and a day's abstinence will usually set the little person right again.
Under ordinary conditions, that is, if one lives temperately and sanely, appetite is a safe guide in the selection of food, and the general craving for fruits shows that the body is in need of the dietetic value. The watering of the mouth, so often merely a figure of speech that we ignore its physical meaning, simply means that a slow, steady eating, or when we are eating, food that is pleasing to our taste, there is a more general flow of saliva, which is necessary preparation of the food for digestion, that when we eat because we feel that we must, or eat that which we do not care for.

From the standpoint of science, fruit supplies these elements to the body: Water, albumen, sugar, starch, protein, pectose, cellulose or vegetable fiber, ash, or mineral salts. All of these are necessary to the body, and the value of the actual cost of fruit is not great, compared with other foods, its dietetic value is great.
The fruit acid, which fruit juices contain with sugar and the volatile ether, has a tendency to lower the temperature of the body, and to improve the condition. The acids also keep the kidneys and liver stimulated to action.
The fruit acids, which are necessary to the whole digestive system is well known, and to prevent constipation and keep the bowels active, no better agent is known. The fruit acids are also useful and useful for the body. Eat as much fruit and of as many kinds as you can get, and you will find that the fruit has a beneficial effect. Eat fresh Oregon fruits and be glad that you can get them.

The Daily Menu.
BREAKFAST.
Bananas, Broiled Shad Roe, Hot Toast, Coffee.
LUNCHEON.
Minced Tongue, Toast, Cream Gravy, Cherries, Gingerbread, Tea.
DINNER.
Puree of Peas, Baked Shad, Creamed Potatoes, Green Salad, Strawberry Short Cake, Coffee.
Shad—a shad is good broiled, served with butter and corn, or with lemon points and water cress; also stuffed and baked. Shad roe must be washed and served with tartare. To not cut the skin, then it can be broiled in a well-greased broiler. Some cooks brush over the roe with butter, and broil it while it broils. Serve with melted butter and a garnish of water cress. Shad roe is also fried and served with tartare. To not cut the roe it should first be cooked in boiling, salted water for 40 minutes, then wiped dry and broiled. Cut in thick slices, beaten egg, then in fine cracker crumbs and fry in deep hot fat. Or the roe may be fried or sautéed in a thick fat, the frying pan served with tartare. To bake roe, first cook 15 minutes in water, then drop into cold water for 10 or 15 minutes. Drain, wipe dry and lay in a buttered pan and bake in a moderate oven for from 30 to 40 minutes. When baking, baste with a cupful of either cream or tomato sauce; serve on a warm dish.
Best Salad—Choose young beets, wash well and trim off the tops. To not cut them or they will bleed. Boil steadily one hour or more. Drain and pour cold water over them. Cut in thin slices and removed easily. When quite cold slice them. To serve as salad arrange on crisp lettuce leaves and pour thick mayonnaise over each; or dress with a French dressing of oil, salt, mustard and vinegar, draining the slices until well coated, then arrange on lettuce leaves.