

The Journal Woman's Calendar

By Vella Winner.

COURTESY TO SERVANTS

Do you ever say "thank you" to your maid? Try it. There is a charming type of courtesy to be dispensed in the home between mistress and maid. Paying for the services of a cook or a housemaid does not eliminate the human contact between woman and woman. Courtesy changes a drudge into a cheerful adjunct to your comfort and your pleasure. Use the same tact in issuing orders to the maid as you would employ trying to obtain a reduction in rates at your dressmaking shop. A few "thank you's" and wholesome "thank you's" will reap a harvest of smiles and increase the efficiency of your servants, besides their self-respect and happiness. Isn't it worth while?

BROILED STEAK A flank steak broil well. Turn it quickly and often in cooking, but do not pierce with fork in turning. Broil about 12 minutes, giving your constant attention to the work. By making a small incision with a sharp knife you can tell whether the steak is done. If purple inside it must cook longer. If brownish pink it is done. Sprinkle with salt and pepper, dot with butter and serve piping hot on hot platter.

QUICK BROWN BREAD Two cups graham flour, two cups whole wheat flour, one and three-quarters cups milk, one-half cup brown sugar, one level teaspoon salt, one and one-half cups raisins, three level teaspoons baking powder, four level tablespoons melted butter. Mix dry ingredients thoroughly. Add butter and milk and mix quickly. Add raisins, flour. Bake in well-greased pan in moderate oven. Forty-five minutes makes one large loaf.

By substituting molasses for sugar and two cups sour milk and one and one-half level teaspoons soda for sweet milk and baking powder an equally good, wholesome and satisfying bread can be made. Nice for picnic sandwiches. Remains fresh for several days.

DIGESTIBLE CUCUMBER

If your cucumbers roll into an unnoted corner of the ice chest and get too soft to serve on lettuce, don't throw them away. Put them in ice-cold water and let them stand for an hour or so, renewing the water if you can. Then peel them and slice them, pouring a cream sauce over them like that you serve with asparagus. They're not half so indigestible this way as raw.

POTTING PLANTS

The first requisite is drainage, hence the hole in the bottom of a flower pot, which must not be stopped up but covered with bits of broken crockery before the soil is put in. The water can get under the broken pieces and so out into the necessary saucer. Young plants must be watched and, as root growth develops, moved into larger pots. Disturb the roots as little as possible, yet if they are matted, soften the mass

In the hands, rotting into fresh soil. Last year's soil is sour and worn out; it will not do this winter. Roots may be trimmed a little. Large plants should be divided by cutting carefully through the roots especially your aspidistras or iron plants. Never fill a pot to the brim. Leave a good inch, or the water will run out, and be sure the surface level, for the same reason. Water well to settle the soil. Did you ever watch an expert knock a plant from its pot? One turn on the side, one tap on a hard bench, and the pot slips off easily, leaving stem, leaves and roots unharmed.

YOUR KITCHEN WALLS

Light tan or gray is the best color for the kitchen wall. The reason is that the white walls, though very attractive and clean-looking, require too much care. There are few women and fewer servants who are willing to clean off every single speck of dirt that gets on the walls, and some of it comes from smoke, and such is impossible to reach. Then they show glaringly on white walls, where they would be less noticeable on the other.

ABOUT BABY A mother may well consider herself well equipped for the beginnings of nursery education and amusement, if she has a general knowledge of the uses and influences of the first three gifts of the kindergarten. By the use of the first gift (six worsted balls of different colors) the child cannot help gaining an idea of color, form, and material; and by play with the balls, motion, direction and position. With the second (wooden sphere, cube and cylinder) form is even more strongly shown because of the contrast in these shapes. By the third (the divided cube) the child's curiosity is satisfied, and both his instinct to take apart and to put together are given free play—and all these valuable lessons are accomplished unconsciously through play. The mother should bear constantly in mind that the object of the work is not the product of the child's hands, but the effect upon his mind and character; not the drawing, or painting, or clay-model itself, but the patience, craftsmanship, and originality the child acquires by making them. Each occupation founded upon these principles is sure to encourage one or the other of these valuable attributes in some degree, even if the objects made are thrown into the trashbasket.

THE COMPLETE CULTURE.

No woman is educated who is not equal to the successful management of a family.

—Burnap.

FRATERNAL NOTES

Veiled Prophets Will Hold Outing Next Sunday at Estacada.

Gul Reases to Have Outing.—The annual outing of Gul Reases, Veiled Prophets, which is to be given at Estacada next Sunday, is to be made one of enjoyment to all. Invitations are extended to all members of the Masonic fraternity and their families. A big time is in course of preparation under the direction of a committee, of which Oscar M. Smith is chairman, J. Stevens, vice chairman, associated with W. O. Robertson, Glenn McNeely, Ed Burke, Captain H. J. Roark and H. McRae. There will be a big program of sports and the Grotto band will furnish music. The special train

will leave East Water and Madison streets at 8 a. m. **Alberta Assembly Installs.**—Alberta assembly, United Artisans, last night initiated a class of candidates at its hall on Alberta and Seventeenth streets, and installed the following officers: Mary Reed, master artisan; Jennie Kelly, superintendent; Esther Jorgensen, inspector; Phil Kelley, treasurer; C. F. Bennett, secretary; Gertrude Bell, senior conductor; George Harris, master of ceremonies; Gertrude Lundy, junior conductor; Rudolph Johnson, warder. **Joint Installation Proposed.**—Efforts are being made to secure the joint installation of a number of Woodmen of the World camps in Portland on the night of July 18, at which time Portland camp, No. 107, will be host in the W. O. W. Temple, 129 Eleventh street. **Old Time Picnic Arranged.**—Arrangements are made to have a joint picnic of the Women of Woodcraft of Portland at Peninsula Park on the afternoon of Wednesday, July 12. Members and their families are invited to come and have an old time neighborly gettogether picnic. Mrs. F. Werthelmer, Marshall 1383, would be pleased to hear from members of Royal circle who can contribute one or more articles for the lunch.

GELINSKY

(The Little Wholesaler)
271 Yamhill, Bet. Third and Fourth

Choice Meats Lower

Choice Steer Beef Roasts, Lb.	Neck Spare Ribs, Lb.
12¹/₂c	5c
Choice Steer Boiling Beef, Lb.	Choice Steer Round and Sirloin Steaks, Lb.
9c	17c

"WHY PAY MORE?"

Coffee Day

40c Grade 28c lb.
All Coffees at Wholesale Prices 2 Lbs. 55c
CASTLE COFFEE CO.
COFFEE ROASTERS—We Roast Our Coffees Fresh Daily
273 Yamhill, Between 3d and 4th

FARRELL'S
Nectar Drops Brand Corn Syrup With a Rich Cane Flavor.
2 lb. can for.....10c

COFFEE SPECIALS

All Recognized Brands

- Carnation (Closset & Devers), German-American (Lang's), Folger's 'Comrade' Coffee, lb.30c
- 3 lbs.85c
- Postum Cereal, 25c pkg.20c
- Instant Postum, per can25c-50c
- Fig Prune Cereal, 25c pkg.20c
- Golden Grain Granules, 25c pkg.20c

Canning Hints

We Carry Pure Spices of All Kinds, Ground or Whole.

- Black Pepper, ground, per lb.25c
- Jelly Glasses, per doz. 25c
- Light-weight Rubbers, per doz.5c
- Heavy-weight Rubbers, 3 doz. for25c
- Parowax, per box10c
- Mason Lids, per doz.20c
- Economy Lids, per doz. 20c

FLOUR

All Leading Brands
Olympic, Vim, White River, High Flight, White Mountain, All Hard Wheat Patents, sk. \$1.35
Corvallis Flour, Fine Valley Patent, per sk. \$1.10

MORE FOR YOUR MONEY

Better Quality for Less—Only the Best of Standard Goods

That is why "Your Store" has grown to be the biggest of its kind in this whole Northwest. Its customers have learned to rely on its statements. Everyone is treated alike here. You will find a smile when you call in person, or on the phone. It is pleasant as well as profitable to trade here. Thousands have found it so.

You, Too, Can Live Better and Save More—Come and See.

Sunnyside Store
994-996 Belmont

1ST AND TAYLOR

PEOPLE'S

THE ORIGINAL CASH STORE

50 Shines for 5c

Regular 10c box Shinola5c
White Shinola, per box10c
Jet Oil, Non-Friction Polish, bottle 10c
25c bottle Gilt Edge or Non-Friction 20c
25c bottle "Chic" Suede Dressing 10c

MEATS OF QUALITY

COLD MEATS—Ready to Serve

- Cooked Corned Beef, per lb.20c
- Head Cheese, per lb.12¹/₂c
- Fresh Liver Sausage, lb.12¹/₂c
- Knox Wurst, per lb.15c
- Best Quality Bologna, lb.12¹/₂c

BENNETT

Declares War on the High Cost of Living This Saturday

A FEW OF OUR WORTH WHILE SAVINGS

Pork Sausage Hamburger	Pot Roast Lamb Steak	T-Bone Sirloin and Porter-house Stk. and Shoulder Lamb	Hams Bacon and Lard at wholesale prices.
Boil Beef	Pork Roast Link	Sausage Weiners only	Best Ham, 1/4 or whole ..18c
Bread Lamb and Bologna at only		only	No. 10 Pure Lard at \$1.25
10c	12 1/2	15c	No. 5 Pure Lard for.... 65c
Per lb.	Per lb.	Per lb. You can't beat it	

Remember the Name **BENNETT**
Remember the Place, 4th at Yamhill

Getting Full Value

The best ingredients won't make good bread unless it is baked evenly and thoroughly.

THE GROOVED TIP-TOP BREAD

baked in the patented pan is the scientific way of proper baking. The label will protect you from imitations if you look for it.

LOG CABIN BAKING CO.
Bakers of Holsum Bread and Cakes

Free for the Children—A ticket to the famous Oaks in each Holsum Cake at the grocery—fifteen cents—five kinds.



JELLO—The Summer Desert
7 flavors—3 pkgs for...25c
Jello Ice Cream Powder, 3 pkgs.25c

SUGAR

No "Strings" Tied to Its Sale Here

- 13 lbs. Fine Granulated for....\$1.00
- 100 lbs. Fine Granulated for....\$8.00
- 12 lbs. Best Cane and Berry for....\$1.00
- 100 lbs. Best Cane and Berry for....\$8.25

MACARONI

A large assortment of fancy Italian pastes, 4 lbs. for25c

Broken Macaroni or Spaghetti, lb.5c

Skinner's Macaroni, Spaghetti, Noodles, from eastern wheat, 3 pkgs. for25c

Mrs. Schield's German Noodles, box ..10c-20c

Butter, Eggs, Cheese

"Freshness" Is the Slogan in This Department

- Famous Homestead Butter, per roll 60c
- Full Cream Tillamook Cheese, 2 lbs. 35c

Fresh Oregon Ranch Eggs, 2 Dozen 45c—Sat. Only

Whipsit

Makes ordinary cream whip light and foamy, 25c bottle15c

Hershey's Cocoa,
1/2-pound tin for..... 15c

Free Band Concert

Singing and Green Trading Stamps at the
YAMHILL STREET PUBLIC MARKET
TOMORROW
Corner Second and Yamhill Streets

Specials for Saturday Only

- SPECIAL Stall 22-24** Leg of Pork, lb.15c
- SPECIAL Stall 22-24** All Steaks, lb.15c
- SPECIAL Stall 30** Armour Star Bacon, lb.20c
- SPECIAL Stall 30** Crusto, can 30c—2 for55c
- SPECIAL Stall 23** Fancy Cured Corned Beef, per lb.10c-12c
- SPECIAL Stall 26** FREE—One Loaf Bread with every lb. bulk Tea and Coffee.
- SPECIAL Stall 15** Large Home-made Dill Pickles, dozen15c
- SPECIAL Stall 15** Potato Salad, lb.15c
- SPECIAL Stall 11** Oregon Rose Butter, fresh from the churn, roll65c
- SPECIAL Stall 7** Fresh Fish and Dressed Poultry

WE REDEEM YOUR TRADING STAMP BOOKS FOR CASH

20th Century Grocers and Coffee Roasters

Offer Special Saturday at the Roaster

3 cans Lighthouse Cl'r 10c One lot to each family.

- 10-lb. sack Pure Cane Sugar85c
- 12 lbs. Pure Cane Sugar\$1.00
- 13 lbs. Dry Granulated Sugar\$1.00

NO STAMPS ON SUGAR

Sunset Coffee, 40c grade, 30c Coffee23c
28c, 4 lbs. for...\$1.05 | 25c Hershey's Cocoa...15c

LOOK FOR THE BIG ROASTER

FRYE'S Cascade Market

THIRD AND YAMHILL

HERE'S VERY GOOD NEWS FOR MEAT BUYERS

Saturday BARGAINS at the Cascade's BARGAIN MEAT COUNTER

It's for the purpose of bringing you in closer touch with this BIG SANITARY MARKET, its modern methods, its service, the quality of its meats and the extreme lowness of its prices, that we make this announcement for our BARGAIN MEAT COUNTER. Come here TOMORROW and share in these TEMPTING MEAT BARGAINS

Choice ROUND STEAK, lb.	12¹/₂c	BEEF POT ROAST, lb.	10c
Choice SIRLOIN STEAK, lb.	12¹/₂c	SELECT BEEF STEW, lb.	10c
Choice T-BONE STEAK, lb.	12¹/₂c	Choice VEAL STEW, lb.	10c
SHOULDER PORK STEAK, lb.	12¹/₂c	Fresh HAMBURGER, the lb.	10c
SHOULDER OREGON VEAL, lb.	12¹/₂c	Pure PORK SAUSAGE the lb.	10c

9 LOAVES FRESH BREAD25c
—Cascade Delicatessen—

"Oregon Mist" In every way the best BUTTER
Danish made and pasteurized. The price is 30c
Cascade Butter Store

Every good reason why you should buy our Panama Coffee
Regular 35c lb. 29c
Saturday special. 29c
Ground and cleaned by new process
Cascade Coffee Co.

FRESH LING CODFISH, LB. ...8c
—Cascade Fish Co.—

Mother Hubbard Butter

Made from Sweet Pasteurized Cream **60c** PER ROLL—FULL 2 LBS.

Just to remind you—this is positively the best Butter sold on the Portland market today. Now sold in sanitary paraffine-lined cartons.

Strictly Fresh Eggs

Direct From "The Poultry Ranch"

Three Times a Week
30c Per Dozen

J. I. Johnson & Co.
"In Our New Store"
266 Alder St., Between 3rd and 4th
Store Open Till 10 P. M. Saturday

Pointing Out a Few Facts

about your laundry. You will note that in our work there are no wrinkled bosoms, no rough edges, no torn buttonholes. And, above all, the article will be spotlessly clean. We especially want the hard-to-please folks to send us their work. We promise to please them.

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143 Broadway
EAST 21ST AND GLISAN STS.

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