Yet who can resist? The prehistoric man who roamed the plains and forests, who had no ar-1 1/2 cup mayonnaise. 1/2 tsp. salt, 1/4 ticulate speech, who knew nothing tsp. pepper, 1/2 tsp. paprika. Chop of fire, who bid from beasts in eggs fine, add seasonings and trees and caves and lived on raw salad dressing. nuts, roots and fruits, is alive in us yet. Some days he rises and one-half cup nuts, one-half cup overpowers us.

eyes for the green beauty of the gether and spread. woods, our souls for freedom from ing polite to our neighbors.

We would like to slough off civilization like a tedious heavy sins, one-half cup cream. Put the cloak. Then we go on a picnic. If raisins through the food chopper. it is a truly picnic, we come home Mix in the cream gradually. refreshed. The prehistoric man will slumber fatigued.

was made for us to enjoy, even then lemon juice. Put figs, dates though we occupy ourselves in and nuts through food chopper. houses and pretend it isn't. I like Mix with orange and lemon juice. those western people who have learned to enjoy it.

deserted, the homes deserted. Practically the whole of the little city will have gone to the mountains, sometimes driving a hundred miles or more to reach them. Western people love the out-ofdoors. They know how to escape from themselves.

Of course everyone cannot be so fortunate as to have a mountain' at one's back door. Nevertheless picnics can be picnics even on the kitchen table, the front porch, in the back yard, or out in a pasture. A picnic must mean a relief

from routine. What could be more nic, aside from the pagan and gala dressing. feelings of the participants, sandwiches are necessary.

Perhaps you know the story of how sandwiches were named. The Earl of Sandwich, an English gentleman of a long time ago, was a dead sport, that is, he was a great gamester. In fact, he was so devoted to the gaming table that he eat his meals. So he ordered cheese. Mix together and spread brought to him, meat placed bewe've called food placed between this gamey man.

from civilization perhaps you will ham bread.

BOYS ENJOY GAMES

AT ELK LAKE CAN

Evening Camp Fires Bring

Out Much Unexpected

Histrionic Talent

ELK LAKE YMCA CAMP.

AUG. 5. (Special)-A game of

Capture the Flag occupied most

of the boys in camp yesterday af-

ternoon, with two sides captained

but failed to get it back to "its

own side of the "battle" field.

The game was played between

saved the day for Adams' group.

with his close guarding of the

Wednesday a fishing hike was

made to Twin Lakes, but few of

the boys had any luck, although

The nightly cumpfire programs

are bringing out some unexpected

its turn, under the direction of its

tent leader, and puts on a stunt.

musical program, or whatever it chooses. Tuesday night Mr. Gray

camp chef, gave a reading in

Tuesday a rainstorm prevented

the boys from going on the sched-

uled hike, so the day was a quiet

The nature study hikes led by

Mr. Simons, of Portland, have

proved to be one of the most popular activities of the camp. Mr. Simons tells the boys all about the

trees and flowers, and points out the different birds for them. Pic-

tures are taken during the day.

and developed at night under his direction. On the evening of the

shipe hunt, which occurred Mon-

day. Mr. Simous gave an expecial-

ly enlightening talk on the habits

Cher Crary's "bean hall" is

still one of the most popular plac-es in camp, with hot cakes the

favorite of all the boys.

None of the boys have been

sick, and except for sunburns and

blistered heels none have suffered any injuries. All are getting

EUR LAKE YMCA CAMP,

AUG. 2. (Special)—A water car-nival occupies most of the time at the camp today, after the comple-

on of a raft and a swimming The boys were divided into

nicely tanned

two: mountains. John

they saw lots of big ones.

Swedish dialect.

by Dwight Adams and Bill East.

get civilized and then to go on a lowing kinds of sandwiches in your lunch basket: Picnic Sandwich Fillings

Egg and Mayonnaise 6 eggs,

Olive and Nut-1 cup olives, mayonnaire. Mix chopped olives, Our bodies cry for cool air, our chopped nuts, and mayonnaire to-

Peanut Butter-1 cup peanut the stifling duties and hedges of butter, 1 cup hot water, one-half civilization. Our store clothes itch tsp. salt. Add hot water and salt on our backs, our soft muscles are slowly to butter to make a thin tired of carrying us to work every paste. The hot water and salt morning, and we are weary of be- overcomes the stickiness and makes it easy to spread. Raisin and Cream-2 cups rai-

Date, Fig and Nut-One-half

cup figs, 1 cup dates, one-half cup But why not? The out-of-doors nuts, one-half cup orange juice, 1

Sweet Pickle and Mayonnaise-One and one-harf cups chopped Visit almost any town in Mon- sweet pickle, one-half cup mayontana on a week end during the naise, one-half tan, salt. Combine summer. You'll find the streets the chopped sweet pickle, mayonnaise and salt and spread.

Mock Chicken Salad-One and one-half cups roast pork or veal cut in small cubes, one-half cup celery cut in small pieces, 2 olives, chopped, one-half small red pepper, chopped, one-half cup boiled salad dressing. Mix chopped meat, celery, olives and red pepper together. Combine with salad dress-

Boiled Ham-Put through food chopper, mix with sweet cream to

Olive, Cheese-Use equat quantities of cream cheese and chopped boys holding the sack for the picnie of course. To have a pic- stuffed olives. Mix with salad snipes; Jack McCullough, Jim Bacon, Egg-Five slices fried

bacon, 3 hard cooked eggs, onion size of pecan. Put through food chopper. Mix with salad dressing. Peanut and Pickle - Use chopped peanuts and chopped sweet pickles. Mix with salad

Sweet Sandwich-One-half cup refused to leave his cards even to jam to 1 and one-half cups cottage

Green Pepper-Chop green peptween slices of bread. Since then pers finely, add to cottage cheese, with a bit of finely minced onion slices of bread, sandwiches after and mayonnaise dressing for sea-

Now of course we make all cheese and read to specific formal s of meat. On your next escape cheese and peanut butter on gra-

> three classes, according to age, and competition was keen. Events were: 50 yard swim; swim on back: swim on back, hands folded; swim under water; treading water; diving.

The results of the meet were as

First class, large boys-50 yard, Horace Stewart, first; John McGregor second; Norman Winslow, third. Swim on back, John McGregor, first; Horace Stewart, second; Kenny Rickman, third. Swim on back, hands folded, Howard Adams, first; John McGregor, second: Willard Depley, third. Best dive, Horace Stewart, first Virgil Harrison, second; Louis Hirshberger, third. Dash. 100 yards, Horace Stewart, first; John second; Henry , Cross

East's group captured the flag. Second class, boys of medium size-50 yard dash, Kenny Rickman, first; Orville Hill, second; Eddie Burton, third. Swim on back, Joe Hirshberger, first; Eddie Burton, second; Orville Hill, third. Swim under water, Joe Hirshberger, first; Orville Hill, second; Clarence Weaver, third. Swim on back, hands folded, Orville Hill, first; Joe Hirshberger, and Peter DePoe tied for second. Best dive, Peter DePoe, first; talent. Each tent squad takes Kenny Rickman, second; Joe Hir-

> shberger, third. Third class, small boys-50 yard dash, William Sipple, first. Robert Webb. second; Frank Pettyjohn, third. Swim on back-Jack McCullough, first; William Sipple and Frank Pettijohn tied for second. Best dive, William Sipple, first; Robert Webb, sec-

> ond; Jack McCullough, third. Monday two fishing particle went out, under Leader McKlein and Camp Director Warner, with about twenty boys in the two parties. The party going to Humbug Creek, including Bill East, Ed Cross, Norman Winslow, Fred Motschman, Van Cleave, and

Warner, brought im 83 fish. The other party got one large rout, to the credit of Cecil Espy, although it took four to land the

Johnny McGregor and Howard

TRANSOCEANIC FLYERS "GET TOGETHER"



This unusual photo shows seven transoceanic flyers, and three of their wives, together with Govenor Alvin T. Fuller of Massachusetts, meeting in Boston. The eighth guest of the city, Colonel Charles A. Lindbergh, had to hop off before the photo was made. Left to right: George O. Noville, Governor Fuller, Clarence D. Chamberlin, Bert Acosta, Commander Richard E. Byrd, Lieutenant Lester F. Maitland, Lieutenant Albert F. Hegenberger and Bernt Balchen; and, sitting, Mrs. Chamvernin, Mrs. Byrd and Mrs. Hengenberger.

"It is my understanding that

"Prize money covering awards

for the national air races, which

will also be held in Spokane, has

been posted with the asso-

ciation. The reason that the air

derby event is of such importance

is the rules specifically require

standard stock planes with a min-

imum seating capacity of three

ing planes are allowed to compete.

This provision gives the owners of

a stock model commercial airplane

an excellent chance to place well

"The great importance of this

up in the prize money.

"In other words, no special rac-

wrote Major Fancher.

there is about \$33,000 in prize plane and engine.

Adams acted as packers from De- races with Mr. Adams while in plane, whereas in the Pulitzer race troit Monday, the boys taking Washington, D. C. turns with this job.

Tents under the leadership of Dwight Adams, Bill East, Scotty money for the race from New York won honors so far, in the tent inspection.

The annual snipe hunt was a big success, with the following

Spokane-New York Air Race Expected To Stimulate Commercial Flying

race can be judged by the first SPOKANE, Wash., Aug. 5 .prize money of \$10,000, greater Special.)-"Officers of the Nathan the przie money of any Pul-Now of course we make all Cheese and Peanut Butter—tional Air Derby Association of itzer race which I can recollect. ficial statement received here cial pilots, who enter in this race much difference. from Porter Adams, president of stand an excellent chance of winthe National Aeronautic Association of the United States, "are rereally doing more than their share for the best development of commercial aviation in the United States by staging the National Air Derby race from New York, and the Pacific Coast Air Derby race from San Francisco."

It was Mr. Adams, with other members of the contest committee of the National Aeronautic Association, who first heard Major John T. Fancher and Harlan I. Peyton, both of Spokane, tell of plans for the \$50,000 premier aviation program to be held at the Spokane air port, September 19 to 24. Major Fancher, managing director of the National Air Derby Association, recently discussed the details of all plans for the

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STEUSLOFF BROS: MARKET

Corner Court and Liberty

MENU HINT Here's a new way to serve lamb which is a small cushion circle in analysing and training business with peas. I always feel that if without a center, placed this over men and firms. one must have meat for summer the blister and she had no more menus, lamb is a good choice. trouble with either oxford or blis-It is not as heavy as beef and is ter." very easily digested. The orange and mint salad I would serve as

HOUSEHOLD

HINTS.

green apples are good now and they are delicious baked and served with cream as suggested.

Lenox Lamb with Peas New Potatoes Orange and Mint Salad or Baked Green Apples with Heavy Cream

. TODAY'S RECIPES

the butcher cut from the center of a leg of lamb a slice on and one-quarter inches thick. Wipe with a damp cloth and sear both sides in a hot frying pan until well browned. Brush over with melted butter, season with onepepper, and put into a casserole with one-quarter cup water. Bake one-half hour. Parboil threefourths cup new peas fifteen minutes, then drain and saute in one tablespoon bakon fat to which has been added one tablespoon finely minced onion. Make two cups medium white sauce and add to the lamb with the peas and one cup potato cubes. 'Cook until the potatoes are tender. Place in the center of the platter with he poatoes at one end and the peas at the other. Over all pour the gra-

Orange and Mint Salad-Peel two large oranges, separte into sections, and cut each section into Mr. Adams also pointed out that thirds. Sprinkle with two table-Marr, and Mr. Klein have each to Spokane, and about \$5000 for not only did this event appeal to spoons pulverized sugar, two tathe air derby race from San the pilots themselves, but it also blespoons finely chopped mint. Francisco to Spokane," Mr. Adams could offer great inducement to one tablespoon grape juice and one-half tablespoon lemon juice. aircrafts and engines in that it Chill thoroughly and serve in shows that the sponsors of the race sherbet glasses or orange baskets, events really are doing something garnished with a sprig of mint. * SUGGESTIONS

> Hints for the Picknickers Here are two things you will

find convenient when packing lunches, especially for auto trips. One is a small size screw-top glass to know how Mr. Adams feels jar with a large wash cloth in it, covered with water. It is surprising how many sticky fingers this will relieve. The other is a pair of shakers

for salt made from any screw-top bottles. By making small holes

Fannie-Really! Can't say I see

establishment of the northern air Meater boats in connection with in the cap they make fine shakers way across the United States." camp, deep sea boat Rainbow and can be thrown away with the making daily trips to Sea Lyon sanitary dishes and pasteboard rock and fishing banks weath-Marian-Marguerite has just lunch box. er permitting. Cabins \$1.50 to paid \$500 to have her face lifted. Corn Pad for Blister. \$3.00 a day.

woman writes that she re-Marian-No. I expect when she pads. One should, of course, buy ning enough prize money to al- heard the fee her face fell again .- shoes that don't blister, but the

best regulaed new shoes will oc-

casionally, and in that case this took part in the general discussion

hint may help. "My smal daughter's new ox- himself as intensely interested in fords were tight in the heel and the close similarity of the technimade a blister so she could not cal phases of teacher-training as wear shoes. I took a corn pad, taught by Mr. Gentle to those used

dessert if I decided to use it. The Noted Psycho-Analyst Talks on "Personality"

Intense Interest Evidenced in Work at Monmouth Normal

OREGON NORMAL SCHOOL. Monmouth, Aug. 4 .- (Special.) + 'Personality" was the theme of one of the finest discourses ever Lenox Lamb with Peas-Have given before the student body of the Monmouth normal school and which was given by Harold Gray of San Francisco at the regular Wednesday assembly. Mr. Gray is the psycho-analyst of the well known firm of Beckman-Hollister, Inc., and his application of the half teaspoon salt and dash of technical requisites for a successful business as applied to a well trained teacher was presented in a most masterly and interesting fashion. During the afternoon session

Mr. Gray visited a class taking a course of "Theory of Instruction" under Thos. H. Gentle. Mr. Gray

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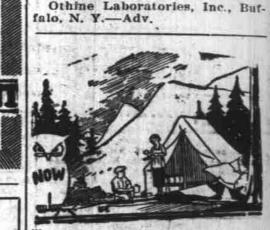
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Bligh's



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business of yours. Instead of in-

terfering with me you had better

Rustic-Well, my work is

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plications should show you how

easy it is to rid yourself of the

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worst case.

move your freckles. .

those old trees.

get on with your work.

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