

The Home Circle.

MRS HARRIOT T. CLARKE, Editor

CHOICE RECIPES.

ONE EGG CAKE.—One cup of sugar, one-third of a cup of sweet milk, four tablespoons of melted butter, one egg, two teaspoons of Royal baking powder, flour to make it right; flavor to taste.

LAYER CAKE.—One cup of sugar, one tablespoon of butter, one egg, two-thirds of a cup of sweet milk, one and a third cups of flour, two teaspoons of baking powder; make three layers. It should bake quickly, but keep watch of it.

TO PREPARE COCOANUT.—Grate and spread on plates: Allow six tablespoons of sugar to one nut; set near the stove, stirring often until dry, which takes about one and a half days. Pack in cocoanut cans, close tight, and set away; far nicer than the prepared that you buy.

SOFT MOLASSES CAKE.—Two cups of molasses, two eggs, three-fourths of a cup of cold water, half a cup of shortening, one heaping teaspoon of soda, one of ginger; a little extract of cinnamon improves it; bake in loaf or gem irons, stir pretty stiff with flour.

SARATOGA CORN BREAD.—One egg, half a teacup of sugar, one of milk, one of flour, one of corn meal, (white is the best), butter the size of a butter nut, two teaspoons of baking powder. Beat the eggs and sugar, then add butter melted, then the milk; beat these well, then add meal, flour and baking powder mixed. Bake in gem pans in a moderate oven.

COCOANUT PIE.—Soak one teacup of cocoanut in half a cup of sweet milk, mix one tablespoon of flour with one cup of milk; place over the fire in hot water and stir until it thickens; add a small piece of butter, the yolks of two eggs; mix all together; bake in one crust; when done spread the beaten whites over the top and brown; this is tried and true.

LEMON PIE.—One lemon, one cup of sugar, the yolks of three eggs, one heaping tablespoonful of flour; beat well together, then add one teacup of boiling water; set in water over the fire, stirring often until it thickens; bake a rich paste, let it cool, then put contents in; beat white stiff, add a little sugar and lemon extract, spread over the top, set in a hot oven and slightly brown; very nice if made with care.

APPLE CREAM PIE.—Bake pastry; let cool. Stew good flavored apples in a little water as possible; when done, sweeten very sweet, and beat them until perfectly smooth; let cool; then flavor with vanilla, and put in some good thick sweet cream to make it of the right consistency; pour into the crust; set in a hot oven and just dry over the top; to be eaten cold—the colder the better; delicious.

Vinegar and Indigestion.

It is the business of the saliva to digest starch, and by its alkalinity to stimulate the secretions of the gastric juice in the stomach. It is well known that the saliva is unable to act upon starch in the presence of an acid. Experiments have shown that even so small a quantity of vinegar as one part in 5000 appreciably diminishes the action of the saliva upon starch. One part in 1000 renders it very slow, and twice the latter quantity arrests it altogether. From this it is evident that vinegar, pickles, salads, and other preparations in which vinegar is used, are unwholesome, especially when taken with farinaceous food, such as bread and other grain preparations. There is a popular notion that by the use of vinegar a tendency to increase in flesh may be antagonized. The physiological fact that fat is largely formed from the starchy elements of grain and vegetables, rather supports the popular notion; but this method of reducing weight should not be encouraged, as the loss of flesh is secured at the expense of good digestion.—Good Health.

Enjoy Life.

What a truly beautiful world we live in! Nature gives us grandeur of mountains, gloom and oceans, and thousands of means of enjoyment. We can desire no better when in perfect health; but how often do the majority of people feel like giving it up disheartened, discouraged and worn out with disease, when there is no occasion for this feeling, as every sufferer can easily obtain satisfactory proof that GREEN'S AUGUST FLOWER, will make them free from disease, as when born. Dyspepsia and Liver Complaint are the direct causes of seventy-five per cent, of such maladies as Billions, Indigestion, Sick Headache, Costiveness, Nervous Prostration, Dizziness of the Head, Palpitation of the Heart, and other distressing symptoms. Three doses of AUGUST FLOWER will prove the wonderful effect. Sample bottles, 10 cents. Try it.

The Common Farmer as a Wool Grower.

I do not wonder at the farmer's failure as a wool grower, when we consider his education upon the subject. The real trouble is, few men know how to manage their flocks, or knowing fail to put their knowledge into practice. If you will observe the treatment of flocks in most cases, you will think that sheep, like weeds, will grow without care or cultivation; and so they will—and be about as valuable as weeds. Sheep will live upon very rough food and endure a great deal of exposure, and certainly they get about all they can stand of both at the hands of the common farmer. Upon the other hand, no animal will respond more freely to kind treatment and good food than sheep. But neglect seems to be the great drawback to the farmer as a wool grower; and because sheep fail to give returns under such treatment they are pronounced unworthy. The average fleece of wool does not weigh much over 4 lbs and the average sheep does not yield more than 50 lbs of mutton, and that of an inferior quality. What if by improvement these fleeces should be raised to 10 or even 8 lbs, and the growth of mutton to 75 lbs? The difference in dollars and cents in the farmer's pocket would make him look with some degree of favor upon his flocks, besides the pleasure in knowing he had done something in the way of progression. Improvement is the one thing necessary in our flocks. Not that every farmer should have all thoroughbreds. That would not be profitable to all; but grade up the flock by the selection of the best common ewes and the purchase of thoroughbred bucks. A few extra dollars placed in a good buck will be returned greatly multiplied in the enhanced value of the lambs. No man can afford to disregard the quality of the buck he uses. My experience with sheep has taught me that they are profitable. Where farmers size their flocks according to their farms and facilities for caring for them, they cannot fail to reap reasonable rewards.—J. E. McGaughey, Marion county, Ind.

The lecturing force of the National Grange is now disposed of as follows: Deputy Lecturer J. N. Lipscomb has the following partial program: Arkansas, July 1st to 18th, and July 23d to 28th; Mississippi, July 19th to 22d, Interstate Grange Encampment (five States), Spartansburg, South Carolina, August 1st to 6th; Texas, August 9th to 20th; Louisiana, August 21st to September 1st; Alabama, September 1st to 10th, and balance of September and October divided among Georgia, North Carolina and South Carolina.

Deputy Lecturer D. H. Thing is in Maryland; then goes to Pennsylvania until July 2d; then in Maine; August in New Hampshire and Pennsylvania; September in Vermont; other meetings being arranged.

Deputy Lecturer C. L. Whitney is preparing for Colorado.

Deputy Lecturer J. H. Brigham is about completing his Kentucky campaign, and will be actively at work in the central and some of the Western States during the Summer and Fall.

The Lecturer of the National Grange is still in Virginia; and goes next to Pennsylvania, and arrangements for his Western visit in eight States are nearly completed.

Bucklen's Arnica Salve.

The Best Salve in the world for Cuts, Bruises, Sores, Ulcers, Salt Rheum, Fever Sores, Tetter, Chapped Hands, Chills, Corns, and all Skin Eruptions, and positively cures Piles, or no pay required. It is guaranteed to give perfect satisfaction, or money refunded. Price 25 cents per box. For sale by Port & Son.

The Earl of Aberdeen is now in San Francisco, and was given an informal reception at the Palace Hotel on June 13th, by a large number of prominent citizens whose sympathies are with Ireland in the Home Rule movement. He was a member of the last Gladstone cabinet.

"Dear papa, please don't let me take that horrid castor oil; Freese's Hamburg Tea isn't bad to take, and it always does me a deal more good than that nasty castor oil."

Demoralization and disaster overtook the great wheat clique in Chicago, on June 14th. June option dropped from 92½¢ to 72½¢, the most sensational collapse ever seen in that market since its history. The 16,000,000 bushels of grain collected there and held by a mysterious combination, will now be sold "under the hammer." A large number of great firms have failed.

Marr, Middleton & Hunter, live stock commission men, of Denver, Col., have assigned; assets, \$16,530; liabilities, \$9600; unsecured, \$9625. The principal creditors are stated to be the National Bank and J. W. Solomon, of Denver, and Eastman & Leggett, of Palmyra, Missouri.

More Money for Your Work if you improve good opportunities. Hallett & Co., Portland, Maine, will mail, free, full information showing how you can make from \$5 to \$25 and upwards a day and live at home wherever you are located. Better write; some have made over \$50 in a day; all new. No capital required; started free. Both sexes; all ages. Success for every worker. Send address and see for yourself.

LIBERIA AND ITS CLIMATE.

Native Doctors and Their Methods. Work in the Fields.

Once the difficulties of climate have been surmounted, life in Liberia can be made very agreeable. Natives of other countries coming here, whether black or white, have to make a stand up fight against the malaria, and once conquerors, if they will, may maintain tolerably good health. Eighteen months passed before I became affected. Then I suffered from indigestion, followed by fainting fits and extreme lassitude. A treatment based on homoeopathy and hydropathy brought me out all right. I took plenty of exercise and had full length tepid baths.

My husband was prostrated by the fever fourteen months after arrival, and he continued to suffer for about eighteen months. He was then persuaded to try a native doctor, and after six weeks' steady adherence to her advice became well. The prescription included infusion of fever leaf, pain leaf, Christmas bush, plantain leaf and coassie and herb baths. The doctor was a woman of keen intelligence, about 60 years of age. Although possessing a thorough knowledge of the medicinal plants of the country, she was exceedingly modest, and desired that we should not expect too much from her skill. Indeed, it is only right to say that modesty and fairness are characteristics of native doctors as a whole. Many of them show a willingness to treat patients on the principle of no care no pay.

Once I was laid up with severe inflammation of the eyes. Another native doctor, a man, was called in. He took a piece of water vine, cut it in the center, and let the sap flow into the eyes. It cured them in a few days. All manner of diseases are treated in this simple way, and cures effected in a comparatively short space of time. There is a constant danger in Liberia from vegetable poisoning, and but for the knowledge of antidotes possessed by native doctors, the loss of life would be great. The symptoms vary considerably. Some produce swelling like dropsy, and others instant death. There is a kind of vegetable poison, which, if applied externally, causes local paralysis.

To guard against the malaria, the first story windows of the houses are kept tightly closed every morning until the sun has done his work of sanitation. It takes about two hours to make things safe out of doors. During that time the steam can be seen rising from the ground. Most foreigners have periodical attacks of malaria, but I am convinced that their liability to it is due to lack of care in eating, bathing, sleeping and exercise. The members of my family always kept well after the first experience.

Those who work in the fields begin at about 5 o'clock in the morning upon a light breakfast of coffee and bread. The second breakfast is eaten at 10 o'clock. Operations are resumed at 11 for an hour. Between 12 and 2 or 3 the great heat necessitates rest. Thereafter until sundown much is accomplished. No native could be induced to exercise his muscles for at least an hour after each meal.

We have fruits and vegetables, fish and fowls in great abundance, but the supply of fresh beef is limited. The natives consider a fish diet very wholesome. The Kroo tribe, which has the largest, finest and most industrious men on the coast, subsists, for the most part, on fish.—Mrs. M. H. Garnet-Barboza in Herald of Health.

Watches Without Hands.

The construction of watches without hands has lately attracted some attention, the usual hands being replaced by figures denoting the hour and minute, which appear at openings in the dial plate; the mechanism is simple, and only a few more parts are required than in an ordinary watch. Two wheels are used to denote the minutes—one, which moves forward once in a minute, being geared to a second one, marked with the ten minute figures, and every ten minutes a tooth on the first wheel engages with the teeth on the second, moving it forward one figure. Thus every minute of the hour is shown on the face of the watch, and, at its completion, both minute wheels show two ciphers, and are ready to begin the round again; the hour is shown on a separate wheel, and an ordinary hand indicates the seconds.

Of the advantages of this kind of watch, it is remarked that few people read the time of an ordinary watch accurately, and, if the experiment is tried of glancing at the face in the usual manner and then naming the time, it will be found that an error of from half a minute to three minutes will be generally made. With the new watch, it is claimed, no error can possibly occur, and there is the added advantage that at the end of every minute an audible click is sounded as the number changes, by which one can measure short intervals of time, even at night.—Detroit Free Press.

Ochiltree's Hold on Grant.

"I had the honor of knowing Gen. Grant and Gen. Arthur intimately for many years, but in all that time I never addressed either one by his first name. I was as formal and respectful in addressing them in the end as I was in the beginning, and my relations with both men grew to be intimate and confidential. I have heard men say, 'I wonder how Ochiltree retains his hold on Grant?' He must tell him a great many stories. Yes, I did tell Gen. Grant a great many stories and anecdotes, but I never told him an off color story in my life. Grant's presence was as repressing to that class of stories as a woman's. He never forgave a man who attempted to tell him an equivocal story."—New York World Interview.

Death Rate of Infants.

According to Quetelet, there die during the first month after birth four times as many children as during the second month, and almost as many as during the two years that follow the first year, although even then the mortality is high. The tables of mortality prove, in fact, that one-tenth of the children born die before the first month of life has been completed.—Boston Herald.

Condition of spring wheat: Thirteen counties in Iowa place the condition at 88 per cent, with injury from insects in seven. Three Kansas counties place the average at 63 per cent. Seven counties in Nebraska have an average of 87 per cent., with injury from insects and drought in three. Dakota reports four counties, with an average condition of 93 per cent. Fourteen counties in Minnesota report an average of 86 per cent.

The corn crop all through the corn belt is above average in condition, and prospects are good.

Oats and grass have suffered from dry weather.

Potatoes are in good condition.

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It is the duty of every person who has used Boesche's German Syrup to let its wonderful qualities be known to their friends in ceding Consumption, severe Coughs, Croup, Asthma, Pneumonia, and in fact all throat and lung diseases. No person can use it without immediate relief. Three doses will relieve any case, and we consider it the duty of all Druggists to recommend it to the poor dying, consumptive, at least try one bottle, as 80,000 dozen bottles were sold last year, and no one case where it failed was reported. Such a medicine as the German Syrup cannot be too widely known. Ask your druggist about it. Sample bottle to try, 10 cents. Regular size, 75 cents. Sold by all druggists and Dealers, in the United States and Canada.

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To enjoy health one should have regular evacuations every seven or ten hours. The evils, both mental and physical, resulting from HABITUAL CONSTIPATION are many and serious. For the cure of these complaints, Tuttle's Liver Pills have gained a popularity unparalleled. Elegantly sugar coated. SOLD EVERYWHERE.

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Dizziness, faintness, palpitation of the heart, shortness of breath, lassitude, pain in the left shoulder or arm, denote the presence of heart disease, and call for the immediate use of Dr. Flynn's Heart Remedy.

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Dr. Flynn's Heart Remedy rapidly reduces the effusion in case of Dropsy, which is in most cases to some disease of the heart or general circulation. At druggists, \$1.50. Descriptive treatise with each bottle, or mailed free.

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Probably as much misery comes from habitual constipation as from any derangement of the functions of the body, and it is difficult to cure for the reason that one likes to take the medicine that is usually prescribed. Hamburg Figs were prepared to obviate this difficulty, and they will be found effective as well as pleasant to the taste of women and children. 25 cents.

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