

Woman and Her Varied Interests

TO RETAIN TASTE AND COLOR WHILE PRESERVING FRUIT

Fruit may be cooked in the jar or saucepan and then transferred to the jar. If cooked in a saucepan no more sugar should be used than would be desirable if it were to be eaten fresh. To preserve the original taste and color it should be cooked as little as consistent with good keeping and handled very carefully. Fruit cooked in the jars in which it is to be kept has a better flavor and color.

Fruit may be cooked in this way by the use of the time-honored glass can with a screw-on top, or by the use of any of the new wide-mouthed jars.

Fruit canned in this way is put in to the jars uncooked, covered with

syrup made of sugar and water and cooked in boiling water until done, the length of time depending upon the article to be cooked.

Whatever method of canning is used, it is necessary to cleanse everything used in the canning process. To do this place utensils, cans, etc., in cold water, place over a slow fire and bring to boiling point. The water should cover the cans. This not only cleanses the articles, but makes the cans much less liable to break. When the water boils around the cans, remove as needed. If they are to be filled with hot fruit, set out one at a time on a cloth wrung out of boiling water, and fill at once with hot fruit. Covers should be cleansed, as well as all spoons and basins used. Always use new rubbers.—Woman's World.

Bags for the Traveler

The patent leather suitcases now used are light and less likely to be injured than the red ones which have been so popular. An innovation in traveling bags is found in those of ordinary size (16 inches and longer), made with a bottom which folds in, enabling one after removing the contents to fold the bag and pack it flat in the suitcase. Thus, when a side trip is taken for a night or two, and the large baggage is left at the main stopping place, the traveling bag can be packed in the suitcase. The modern, compact suitcase accompaniment, the bag can be emptied and packed, thus reducing the baggage to one piece. This is especially helpful for those not traveling in a party, as one piece of baggage is less costly, and requires less care, says Good Housekeeping. The umbrellas which fold twice fit inside a traveling bag.

Beautiful Women.
Nothing adds more to the beauty of women than luxuriant hair. The regular use of Meritol Hair Tonic will keep the hair healthy, promote its growth, keep it clean and bright, and gives it that wavy appearance so much admired.

The Skin and Not the Blood.
Until recently it has been a generally accepted theory that eczema was a disease of the blood. Scientific investigations have taught us that eczema is positively a skin disease and curable through the skin alone. Meritol Eczema Remedy is applied directly to the diseased skin, the effect is marvelous and its results permanent. Do not delay trying Meritol Eczema Remedy.

TALLMAN & COMPANY
Exclusive Local Agents.

Baggage should be condensed to the smallest bulk possible by means of silk clothing and underwear; toilet articles in tube form; slippers, coat and skirt hangers in cases; handkerchiefs, sewing materials and small articles carried in soft, straw boxes or bags, instead of stiff boxes. Guide books can be mailed home as soon as used. Bulky parcels can be sent from Europe to the return ship, where they will be held for the owner without duty. They can be obtained from the purser by paying the cost of sending.

Wear-Proof Kitchen Table.

All kitchen tables receive constant and hard wear. Without a cover they soon become badly stained. Inland floor linoleum is ideal because it will stand heat, stains of all kinds and hard knocks. It cleans easily and the pattern stays fresh for years. I used scraps from floor, writes a contributor to Los Angeles Express. A seam well matched runs down the middle. It is nailed in place and the legs and sides of the table are enameled white. A discarded dresser scarf is put on the table to cover seam when table is not in use.

Surprising Cure of Stomach Trouble

When you have trouble with your stomach or chronic constipation, don't imagine that your case is beyond help just because your doctor fails to give you relief. Mrs. G. Stengle, Plainfield, N. J., writes, "For over a month past I have been troubled with my stomach. Everything I ate upset it terribly. One of Chamberlain's advertising booklets came to me. After reading a few of the letters from people who had been cured by Chamberlain's Tablets, I decided to try them. I have taken nearly three fourths of a package of them and can now eat almost everything that I want." For sale by all dealers.

CONGO HORRORS HAVE DISAPPEARED THROUGH EFFORTS OF ASSOCIATION

(London Correspondent of the United Press)

London, July 8.—With the dissolution of the Congo Reform Association, which was formally notified to the Belgian government today, the closing chapter was written in one of the most successful international crusades ever undertaken in England. It was admittedly due almost altogether to the efforts of this organization of British publicists that the atrocities of the Congo, which so shocked the entire world when they were first revealed a dozen years ago during the reign of the late King Leopold, have now entirely disappeared. The removal of the rubber tax, or "blood tax," toward which the association especially directed its energies, now leaves the natives of the Congo free to gather the natural products of the country and dispose of them in legitimate trade, without restriction.

"The Congo has ceased to be drained of its life-blood in the interests of Belgian capitalists, who were aided and abetted by American financiers," today said E. D. Morel, secretary of the association, following the final meeting of the organization, "and as our objects have been accomplished, there is no further need of our existence."

"The concessionaire companies, of shameful memory, have all either been annulled or their powers curtailed and transformed, and thousands of natives who had fled to recesses of the forest to escape their tormentors are now back in their old settlements on the river banks. The country is no longer harried by swarms of irregular soldiers, and the practice by the administration of arming one tribe against another has been abolished. Our association has seen all its demands save one, realized. We failed to secure special legislation enactment recognizing native tenure of land, but the Belgian government is acting upon that policy without formally incorporating it into law.

"It may take two or more generations to heal the wounds inflicted upon the Congo, but we are satisfied that a return to the old system has now been made utterly impossible. The success of our agitation really marks an epoch in the history of the relations of European nations toward the colored races."

Little Prince Henry, aged thirteen, is the practical joker of the British royal family. Here is his latest. His sister, Princess Mary, wrote him the other day while he was visiting in

Cornwall, asking him to send her some flowers which, according to the newspapers were blooming in profusion in the "English Riviera." "You know how fond I am of early spring flowers," she wrote. Next day there arrived at Buckingham Palace a beautiful basket addressed to Princess Mary. The writing was that of Prince Henry. When the princess opened the basket she found, tastefully tied up with heliotrope ribbon, a huge bunch of—cauliflower.

Entire prohibition of the use of aeroplanes and other aircraft as instruments of warfare, thus excluding the possibility of a new horror of civilization, and added peril to life," is among the recommendations of the British Peace Society for consideration at the next Hague Conference.

The other suggestions of the society, to which Foreign Secretary Sir Edward Grey has promised to give careful consideration are: Provision of a general treaty of obligatory arbitration; establishment of an arbitral court of justice; declaration of immunity of private property at sea in time of war; abolition of purely commercial blockade, that is of places which are not fortified; prohibition of explosive mines, at least in waters lawfully used by neutral ships; an agreement to put a check on the growth of naval and military armaments.

The recent placing of extra night-watchmen on duty in and around Buckingham Palace was not due altogether to fears of a suffragette attack. It was learned today that Scotland Yard had received a tip, following the announcement of the valuation of the palace's contents at \$17,500,000 that a gang of international crooks, which in the past few weeks had been conducting extensive and profitable operations in the West End, had planned to burglarize the king's London residence. The authorities considered the information of sufficient value to justify not only the strengthening of the ordinary guard, but also an improvement of the more or less antiquated mechanical devices employed at the palace. A complete new electric alarm system has been installed, with fixtures at each window on the garden side of the building. In this connection it is recalled that an attempt was made to break into the palace in King Edward's time. The burglars were discovered one night trying to effect an entrance at a window close to Queen Alexandra's bedroom and overlooking the garden. There were two of them and both escaped.

For Sunburn TRY

Mt. Hood PEROXIDE CREAM

Every Jar Guaranteed

For sale only by

Tallman & Co.

LEADING DRUGGISTS.

JOHN D KEEPS HIS BIRTHDAY

RICHEST MAN IN WORLD IS 75 YEARS OLD TODAY

His Health Reported to Be Better Than It Has Been in Years—Physician Assures Him He May Count on Many More Birthdays—Financier Eats But Two Meals a Day.

Cleveland, O., July 8.—Seventy-five years old and the "richest man in the world"—worth upwards of half a billion dollars, according to his business associates—John D. Rockefeller celebrated his birthday today. There was no elaborate program planned for the anniversary. The Oil King spent the morning at Forest Hill. He received hundreds of messages of congratulation from business and personal friends.

Rockefeller's health is better today than it has been in years and Dr. H. P. Biggar, his physician for many years, has assured him that he may count on many more birthdays. A game of golf, an automobile ride in the country and calls from relatives and friends made up the birthday program.

Despite many stories to the contrary, Rockefeller is unusually healthy for a man of his age, especially when his early business worries and work is taken into consideration. For his physical condition of today, Rockefeller gives credit to his personal physician and friend, Dr. H. P. Biggar, aged 72. Rockefeller has kept his health and strength while men his junior by many years have succumbed after winning business laurels not nearly as great as those the Oil King has won. Of these perhaps E. H. Harriman and the late J. P. Morgan are the most prominent. He has survived his one time partner, Henry M. Flagler, who recently died at the age of seventy-seven.

Dr. Biggar attributes the health of both his wealthy patient and himself to his always followed "system of living." This system he ascribes in a recently issued pamphlet which he has distributed among some of his friends. Its keynote is simplicity. Strict study of personal needs and constant watchfulness, also are among the essentials of longevity, according to the pamphlet.

Two meals a day, one entirely of uncooked fruit; an occasional day of fasting from all foods but fruit; epson salt baths frequently and a few Turkish baths with vigorous massage at least every two weeks are some of the recipes offered with the solid backing of their eminent success in the case of the doctor and his famous friend and patient. Dr. Biggar is a sworn enemy of pneumonia, the absence of a practical known specific for which he deplores as a failure of the medical profession. "A draft on any part of the body arresting superficial circulation may result in a cold and if the body is not in a healthy state, pneumonia and general catarrhal conditions are likely to develop," said the physician. "Spray the mouth, nose and throat with antiseptic solutions if you would avoid these dangers. Breathe pure air and keep the lungs clean. Of all the poisons that will produce a cold, lung poisons are the worst." Dr. Biggar advises the massage of the muscles of the neck, spine, back and chest as a likely method of relief from a cold or diseases originating from a cold. "Baths are very essential," says Dr. Biggar, "twice or three times a week and take a full bath with epson salts, one pound to the tub of water. It leaves the skin smooth and velvety, making the muscles elastic and pliable and relieves the nerves of tension. Nature now and then needs a housecleaning—devote a day to her by an occasional fruit fast, eating all the fresh fruits you may desire. There is no doubt that mental and physical activity conjoined with rational temperance and regularity in eating is generally conducive to health and longevity."

Rockefeller's health counselor condemns the three-meal-a-day habit as not always conducive to good health. A good rule, he says, is to eat when hungry and then not to repletion. "Only ripe fruits should be eaten," he says, "and whether foreign or domestic only after cleansing and steaming. Avoid the banana with the clear yellow skin; it is unripe and unhealthy. Select oranges with a deep golden yellow and yielding to pressure. The grape fruit should be dark and yielding and eaten without sugar. A meal of ripe fruits is virtually cooked by the sun's rays and practically pre-digested. Normal persons are not injured by the moderate use of tea or coffee; both should be drunk without cream or sugar. The penalties for their excessive use are dyspepsia, irritability, constipation, insomnia, biliousness, irregular and intermittent pulse, hardening of the arteries, neurasthenia and bad heart."

OREGON THEATRE TUESDAY NIGHT, JULY 8 ST. ELMO

Dramatized From Augusta Evans' Famous Book.

Excellent Company. Special Scenic Equipment.

Seats on sale at Pendleton Drug Co. Prices 35c and 50c

The Chauffeur's Song

FROM

"The Paradise of Mahomet"

Now being presented by

The Grace Van Studiford Opera Company

at Herald Square Theatre, New York City.

Published by permission of T. B. Harms & Francis, Day and Hunter, 1431 Broadway, New York.

Words by M. E. Rourke Music by Silvio Hein

This song will be printed in next Saturday's issue of the



FREE A 25c PIECE OF MUSIC EVERY WEEK FREE

No cutting, no folding, ready to put on the Piano and play.

We publish each week the newest songs from New York's biggest musical successes.

News of Near by Towns In Umatilla County

FOURTH A SUCCESS AT HERMISTON

(Special Correspondence)
Hermiston, Ore., July 8.—The celebration here July 4th was a great success, so much so in fact that the business men's committee has started arrangements for a much larger affair next year. In the beginning the celebration was planned to entertain the Hermiston people only, but the program was so good and the prizes offered were so useful and valuable that entries from all the neighboring towns soon came pouring in. The contests began at 10 o'clock in the morning and continued all day until 6 in the evening and even then some events had to be postponed for a later date. Many of the events were laughable and the many visitors left Hermiston greatly pleased with the day's entertainment. Seating capacity in the grandstand was far from ample and plans to triple this for next year are on foot as fully 600 people had to stand in the sun during a great part of the time at the grounds.

Wm. Merritt returned to Astoria yesterday.

Mr. and Mrs. Geo. A. Luke started for Erie, Pennsylvania, today. Mrs. Luke has been called home by wire on account of the sickness of her mother. Mr. Luke is manager of the Erie-Oregon Fruit company here.

Miss Maud Phelps returned from Pendleton this afternoon after a two weeks' visit.

LOOKS OVER PARADISE PROJECT AT STANFIELD

(Special Correspondence)
Stanfield, July 8.—C. C. Chapman of Portland, manager of the Oregon Development League, is in Stanfield today investigating matters concerning the Paradise project. This is the first time Mr. Chapman has been here for five years. He was wonderfully surprised at the growth of the Furnish project and surrounding country. Joe Roth and James Ralph, the electric light men, were here the latter part of the week. They will begin setting the poles for lights in about ten days.

James Hoskins is looking after business affairs at Coyote this week.

Mayor Kyle was an Echo visitor on Monday.

O. K. Mudge spent Sunday at the Hazen ranch, the guest of Ezra Hazen.

Mrs. C. W. Conner returned Sunday from a week's stay at Puyallup, Wash. J. M. Hodges and Walter Wagner were among the Pilot Rock visitors here this week.

A farewell reception was held in the Bell block Monday evening for Dr. and Mrs. Alexander Ried, who

will leave this week for their home at Pilot Rock, much to the regret of their many friends, for what is Stanfield's loss is Pilot Rock's gain.

The dance held in the Watts auditorium this evening of the 4th was a grand success. Over one hundred people being present and all report a good time.

R. H. Irwin is spending the week in Portland.

Mr. and Mrs. Chester Barney have moved on the R. N. Stanfield ranch near Hermiston. Mr. Barney will take full charge of the ranch.

C. W. T. Koch of Chicago was doing business here Saturday.

John Cleghorn of Seattle is visiting at the home of his brother, Andrew, on the Furnish project.

Mr. and Mrs. Elmer Reeves spent the 4th at Hermiston and the 5th at Pendleton and report a first class time at both places.

Most of our townspeople celebrated in Pendleton and all seemed to have a good time.

W. P. Ward is spending a few days at his home in this city.

C. W. Hazen has purchased the Dr. Ried property on Main street.

Mr. and Mrs. Chas. Lillisburg had as their guests the fourth, Dr. and Mrs. Ried, Mrs. Charlotte Bell, Wm. Bell, Mr. and Mrs. W. P. Ward, Mr. and Mrs. T. O. Yates and son, Mrs. McCormish and Miss Mable McCormish.

ATHENA PEOPLE ARE ENTERTAINED ON FOURTH

(Special Correspondence)
Athena, Ore., July 8.—The few people who remained in Athena July 4th were entertained on the street by Dr. Dell. He played several selections on his violin and made a speech which was enjoyed by all present.

Miss Laura Smith of the Presten-Schaefer Milling Co., spent the week end at the Zerba home north of town.

Paul Koontz is confined to his home with mumps.

Mrs. A. C. McCubbins is visiting her mother at Dayton, Wash.

Mr. and Mrs. Uim of Wilson Creek are guests of their son, Chas. Uim.

Mrs. E. N. Hawks is visiting her parents in Spokane, Wash.

Mr. and Mrs. Chas. Betts and two sons left Monday for Mattituck, N. Y. to spend the summer.

Miss Lucile Edwards of Milton is the guest of her grandma, Mrs. E. A. Boyd.

Miss Grace McBride of Walla Walla spent Sunday in Athena.

Robt. Reist, brother-in-law of Harold Githens is in the city from Portland, Ore.

Louis Stewart left Monday morning for Liberty Lake as a delegate to the Epworth League convention.

Mrs. M. E. Cross formerly of this city, but now of Portland, Ore., is spending a few days in the city visiting friends.

Emery Worthington, Arnold and Henry Koepke are spending the week at Bingham Springs.