

The Dean Tatom Co.

Phone 688

Cascade Butter	45c
Strawberries	20c
POTATOES, from Weston Mt., per 100 pounds	\$5.00
Dairy Maid Milk, can	10c
Campbell's Soups	12 1/2c

FRESH VEGETABLES AND FRUITS

Received every morning. In the market now is Cauliflower, Hot House Lettuce, Head Lettuce, Asparagus, Radishes, Green Onions, Dry Onions, Turnips and Carrots.

White House Coffee	45c
Apex Coffee	35c
Quaker Oats in big Round Package	25c
Gallon Fruits, Solid Pack	50c

WE HAVE PLENTY OF THOSE SMALL WHITE, PINK, LIMA, BAYOU AND RED MEXICAN BEANS.

Daily Chats With the Housewife

WASHINGTON, May 9.—Cowpeas or southern field peas, which, despite their name, are really a kind of bean, are, like other dry beans, comparable with meat in the kind of nourishment contained in them, and can, in the opinion of specialists of the U. S. department of agriculture, will be used more extensively as human food. They are commonly used in the south where they are extensively grown, but are practically unknown in the north and northwest, where other, often more expensive, beans are consumed in large quantities.

There are many varieties of cowpeas, of which the white and black eye sorts are considered particularly desirable for the table. In palatability, digestibility, and nutritive value they compare favorably with other beans, while their delicate and pleasing flavor lead many to consider them equal, if not superior, to the latter.

Cowpeas are used on the table in three forms—in the pod, shelled green, and shelled dry—corresponding, respectively, to string beans, shelled green beans, and dried beans, and calling for much the same methods of preparation for the table. The dry cowpeas are by far the most common. Like dry navy or Lima beans, cowpeas may be boiled with a bit of fat meat or baked and served in place of lean meat or other food rich in nitrogen. Boiled and mashed through a strainer, the beans form a foundation for numerous dishes. They may be creamed with milk and butter, like mashed potatoes; made into a loaf with bread crumbs, minced vegetables, milk, and seasonings; or made into soup.

A delicious combination dish, called "Hopping John," may be made as follows: Boil 1 quart of cowpeas and a scant pint of rice separately and mix together when done. The rice should be seasoned after it is cooked. Bacon or a beef bone boiled with the cowpeas adds a desirable flavor to the dish. Recipes for other cowpea dishes follow:

Baked Cowpeas.
Cook 1 quart of large, white, dry

cowpeas slowly in water until they begin to soften. This will require five or six hours. Put them in a bean pot, add one-half pound of salt pork, and either 1 tablespoonful of molasses or a small onion cut up fine. Cover with water and bake slowly six or seven hours. It is well to have the pot covered except during the last hour.

Cowpea Soup.
1 tablespoon butter or pork fat, 1 tablespoon finely chopped onion, 1 stalk celery, finely chopped, 1 cup dry cowpeas, salt.
Soak the peas eight or ten hours in water enough to cover. Fry the vegetables in the butter, add the peas in the water in which they were soaked, and cook (preferably in a double boiler) until the peas are tender. Put the mixture through a sieve and add water enough to bring it to the consistency preferred. Reheat. If this soup is thickened with 1 tablespoonful of flour mixed with a little water, the pea pulp will not sink.

Puree of Cowpeas.
(Used like mashed potatoes.)
Soak 1 pint of dry cowpeas in cold water overnight, cook until soft in just enough water to cover. Drain and pass through a sieve. Season with salt, pepper, one-half pint of cream (or milk) and 2 tablespoonful of butter or other fat, and 2 teaspoonfuls of brown sugar, beat thoroughly, reheat, and serve like mashed potatoes.

Baked Cowpeas and Cheese; Substitute for Meat Roll.
1 tablespoon butter, 1 tablespoon finely chopped onion, 1 tablespoon finely chopped sweet green pepper, or celery, 2 eggs cooked cowpeas, 1-2 cup grated cheese.
Fry the onion and mix with the cheese. Cook the onion and pepper or celery in the butter or other fat, being careful not to brown, and add them to the peas and cheese. Form the mixture into a roll, place on a buttered dish and cook in a moderate oven, basting occasionally with butter or other fat and water. Serve hot or cold like meat.

PRUNETTES.

These are delicious cakes, made of raised dough. Dissolve 1 cake of yeast in 1-2 cup of lukewarm milk with 1 teaspoon of sugar, and let it rise. Rub together 5 ounces of butter and 1-2 cup of sugar. Add to this 1 pound of flour, 1 egg, well beaten, 1-2 teaspoon of salt and flavoring to taste. When the yeast has risen sufficiently, add to the flour and other ingredients, mixing it in gradually. Then add 1-2 cup of warm milk and beat until dough bubbles. Let it stand in a warm place until it rises to double the original quantity. Knead it down then and set it away to rise again, always in a warm place, of course. Next roll it out and cut in oblong pieces, about 5 inches long and 4 inches wide. In the center of each piece place 1 tablespoon of mashed stewed prunes and fold the dough about it in dumpling style. Place these "prunettes" in a buttered pan and set aside in a warm place to rise for 1-2 hour, then bake in a moderate oven.

BALLARAT FLOATED 4 HOURS.
Soldiers on British Troop Ship Played Cards After Torpedoing.

LONDON, May 7.—The 11,000 ton liner Ballarat, which was sunk by a German submarine when carrying troops from Australia to England, was torpedoed Wednesday, April 25, while the officers of the troops were planning to hold a memorial service in observance of "Anzac day." Destroyers and trawlers soon appeared on the scene. The sea was moderate. The Ballarat was struck near the propeller and settled down by the stern, but did not sink until four hours later.

Everything was orderly and the men sang and played cards while waiting for the boats to be made ready. No one on the Ballarat was injured, and all the mails and even the soldier's pets were saved.

A warning—to feel tired before exertion is not laziness—it's a sign that the system lacks vitality, and needs the tonic effect of Hood's sarsaparilla. Sufferers should not delay. Get rid of that tired feeling by beginning to take Hood's sarsaparilla today.—Ady.

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MR. O'HEIL ENLISTS.
HE WANTS TO FIGHT
LIKE EVERYTHING
.....
DENVER, May 7.—A man walked into the recruiting station today and in rather a bashful, timid way said he wanted to enlist.
"What's your name?" queried the sergeant in charge.
The reply sounded like, "Oh, Hell, You Go."
Leaping from his chair, the sergeant seized the prospect roughly by the arm. He thought his prospective recruit had changed his mind and was about to back out.
"Have you lost your nerve or are you kidding me?" asked the sergeant.
"My name," said the youth in perfectly proper unaccented English, "is Arthur William O'Heil, I'm from Hugo."
He was enlisted as an apprentice seaman.
"O'Heil, you gotta go now," commented the sergeant.
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WILL LET OUT EMPLOYES WHO SAY TOO MUCH

WASHINGTON, May 8.—Secretary of State Lansing followed the new ironclad censorship by announcing today he will summarily dismiss any employe of the department who gives the press any information on which criticism of government policies can be based. Employes daring to criticize any policy will be dismissed immediately.

While claiming the action was taken in an effort to help the press get news, Lansing declared his determination to discharge any employe for violating the new muzzle regulations.

Not Secret Diplomacy.
The secretary faced a large group of correspondents who protested against the order. Lansing denied he was paying the way for secret diplomacy. His statements showed clearly that the machinery for the maintenance of such secrets was completed. No effort was made to conceal the fact he had made himself absolute dictator of the news relations of this country and all foreign nations.

YOU NEED A SPRING LAXATIVE.
Dr. King's New Life Pills will remove the accumulated wastes of winter from your intestines, the burden of the blood. Get that sluggish spring fever feeling out of your system, brighten your eyes, clear your complexion. Get that vim and snap of good purified healthy blood. Dr. King's New Life Pills are a non-gripping laxative that aids nature's process. Try them tonight. At all druggists. 25c.—Adv.

Kaiser Confident of Victory.
AMSTERDAM, May 8.—The Kaiser expressed confidence that all German battlefronts will continue invincible.

FEATURING a few of the latest models in WASH SKIRTS

Made of washable Satin, La Jerz, Yo San, printed Silks, Gabardine, Rumie Linen, Pique and Indian Head.



These numbers are better in workmanship, and higher class and style than has ever before been offered for the money.

Prices from \$2.95 to \$25.00

ALEXANDERS

in a congratulatory birthday message to his crown prince, according to Berlin, advised: "In a grateful spirit, with full confidence, I look upon your battlefront, and all battlefronts which are imperturbably resisting all attacks. They will continue invincible."
Consistency is a jewel, but it does not bring a very high price.

HEMSTITCHING and Picoting
10 cents a yard
The Peoples Warehouse
In Art Needlework Dept.

WAR REVENUE BILL TO RAISE BIG SUM
WASHINGTON, May 7.—The house ways and means committee will report late Monday or Tuesday a revenue bill designed to raise \$1,500,000,000 to help to pay expenses of the war.
Many features of the bill are uncompleted.
It is certain there will be substantial increases in second-class mail matter, and that liquor will pay a huge sum. A tax on advertising, it was learned, will be included in the bill.

List Prices Fair Treatment

Common Sense Luxury for Ford Cars

THE new Ford-car SUPER-TIRES—Goodrich's "THREE-SEVENTY-FIVES"—give the final touch of perfection to a Ford car.

Though they cost a little more than ordinary tires, the greater style, comfort, and efficiency you gain from a Ford with them thrice cancel the first cost.

Tires of HEROIC SIZE, they last longer. Look them over at your dealer's. Ask him for—

GOODRICH

375 SIZE (31X3 3/4 INCHES) 375 BLACK SAFETY TREAD TIRES

You will find them big, burly tires—burly in extra rubber and extra wear, made in the five-finger Safety Tread ONLY.

They fit 30-inch rims, but are an inch bigger on the circumference than ordinary tires, with full three and three-quarter inches in the cross section.

Put "THREE-SEVENTY-FIVES" under your Ford, and you add value in appearance to the class of your car.

On account of reduced stress and strain they double your joy of motoring, and the life of your car, and spell tire economy in bigger mileage.

The B. F. GOODRICH RUBBER CO., Akron, Ohio

"Best in the Long Run"

TEXTAN

The GOODRICH fibre sole for shoes
Outwears leather-comfortable-dressy-water-proof



Starting On The Road To Health
with nature's remedy—S. S. S. It gives vitality to impoverished blood, making it easier to resist the germs of disease, and strength to drive out disease if it gets a foothold in your system. If you get sick you have a better chance for recovery if your blood is pure than if it is run down. It is important to keep your blood pure at all seasons.

If you are suffering with Rheumatism or Catarrh, or Eczema, or Hysteria, or Hay Fever, or any of the ailments of impure blood, get a vegetable blood purifier to drive out the impurities. S. S. S. is a purely vegetable, and is especially recommended as a blood purifier and general tonic.

Get S. S. S. at any drug store. Don't accept a substitute.

Write for booklet on Blood Purifiers, also Medical Advice, which is furnished without charge. Address: Medical Dept. 16, SWIFT SPECIFIC CO., ATLANTA, GA.

ARMAND'S

The only NEW face powder in the past 50 years

Oh yes, there are many, many kinds of powders on the market, but this one is absolutely different from any you have ever had. The price is reasonable, too—

50 cents

KOEPPEN'S

Have It.

OVERLAND TOURING CAR FOR SALE AT A BARGAIN. 1916 model, in good condition. Inquire at Overland sales room, 544 Main Street.

Spring Is Here!

What is YOUR wife doing?

Is she drudging over a steaming wash tub on wash day, or

Is she getting out in the healthy sunshine and making your home happy?

Which?

The latter is not only the best way but the cheapest way in the end.

Let us help you make it such. Let us do your washing

Rough-Dry, 7c lb.

Telephone 179, our auto delivery will call

Troy Laundry Co.

"We wash everything but the baby"