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EAST OREGONIAN SPECIAL NEWS OF UMATILLA CO.

Sheep Are Moving Out of Mountains for the Winter

(East Oregonian Special.)
 GURDANE, Oct. 1.—Mrs. Tom Faright and two children left Monday morning for Pendleton, returning again Tuesday to Frank Jones at Pilot Rock, visiting a few days, returning to the Campbell place Friday.
 Roy Montgomery and family returned from Pendleton Monday.
 C. T. Hollister, who has been spending a short time with his family, left again Monday.
 Frank Jones came out Thursday from the high mountains, where he has been with the sheep. Mr. Jones' sheep all got out Friday.
 Mr. and Mrs. Dillar French returned from Pendleton last week.
 Mrs. Frank Gilliland and children who have been with Mr. Gilliland in the mountains the last month, returned home Thursday.
 Mrs. Roy Montgomery spent one day last week with Mrs. Nicholson.
 Frank Jones went to his Pilot Rock ranch Saturday morning, returning again Saturday evening.
 Dick Cates, who has been in the mountains for Frank Jones this summer, has returned to Gurdane.
 Some of the farmers plan to start seeding in a few days.

HOUSEHOLD

Spanish Steak.

A delicious dish can be made from a flank or rump steak. Brown the steak over quickly in a little hot beef drippings, then remove to baking pan. Dust with salt and paprika. Cook with a layer of sliced onions that have been cooked for five minutes in the same drippings as the steak, and pour over one can of tomatoes, juice and all. Cover the pan and bake slowly until the meat is very tender, basting frequently with the tomato. Serve with a gravy made from the strained liquor in the pan.

Ginger Pudding.

Mix together small cup of finely chopped beef suet, 1 cup of dark molasses, 1 1/2 cups of stale bread crumbs, 2 scant cups of flour sifted with 1 teaspoon of salt and 1 teaspoon of baking powder, 1-2 a tea-

spoon of ground cinnamon, 1 heaping teaspoon of ginger, half teaspoon of baking soda dissolved in 1 cup of sour milk and 1 cup of mixed raisins, currents and citron, dusted with flour. Mix well, turn into a greased mold and steam four hours.

Casserole of Beef.

One pound round steak, 1 pound turnips sliced thin, 2 potatoes. Brown both sides of steak (which has been floured and seasoned) in frying pan. Place alternate layers of turnips and potatoes on meat, then fold it over to enclose vegetables. Barly cover with water. Cook in fireless cooker kettle now or else use casserole in oven.

Chicken en Casserole.

One tender chicken, 12 cup lard, salt and pepper, 1 pint hot water, 1 cup hot sweet milk, 2 cups chopped mushrooms, 1 tablespoon chopped parsley. Clean chicken, split down back and lay breast upward. In Casserole, spread lard over breast, dust with salt and pepper, add hot water, cover, closely and cook in hot oven one hour; when nearly tender, put in the milk, mushrooms and parsley; cover again and cook twenty minutes; serve hot in the casserole. Oysters can be used instead of mushrooms.

Stuffed Potatoes.

Bake 7 good sized potatoes; when done cut off a lengthwise piece; scoop out potato with a spoon; mash, add 1 tablespoon lard, salt and pepper to taste, 1-2 cup milk, and 1 egg white, beaten stiff; refill skins with this mixture; pierce lightly; do not smooth; bake until potatoes are puffed and brown; very delicious.

Corn Meal Souffle.

Heat 1 pint milk, stir in 3-4 cup corn meal, a little salt, and cook until well sealed; take from the fire and add yolks of 2 eggs, 1 at a time, stirring after each addition; beat the whites of the eggs with pinch of salt and fold in; bake twenty minutes in a well greased dish in a hot oven, and serve at once with hard sauce made with a small amount of butter and sugar creamed; serve from the dish in which it is baked.

Chocolate Pudding.

Heat 1 quart of milk, dissolve 1-3 cup cocoa with hot water, add to boiling milk. Put into small bowl 1 small cup sugar, 2 tablespoons cornstarch, 2 eggs. Beat well, add a little cold milk, then add all to boiling milk and stir quickly until thick. Let boil ten minutes. Cool, add vanilla and salt to taste; set on ice; serve with cream or plain.

War Cake.

Two teaspoons soda dissolved in 1 tablespoon water, 1-4 cup molasses, 1 cup of sour milk, 2 1/2 tablespoons vegetable shortening, 1-2 cup brown sugar, 2 cups of sifted wheat flour, 1-2 level teaspoon ginger, 1-4 nutmeg grated fine, 3 cups of raisins. Mix very carefully. Bake in well greased pans about thirty minutes.

Meat Pies.

Have you ever used rice, cornmeal mash or hominy for a crust? This is less work than a pastry crust and saves wheat.

Four cups cooked cornmeal, rice or hominy, 1 onion, 2 cups tomato, 1-2 teaspoon pepper, 1 tablespoon fat, 1 pound raw meat or left-over meat cut up small, 3-2 teaspoon salt.

Mix the fat, add the sliced onion, and, if raw meat is used, add it and stir until the red color disappears. Add the tomato and seasoning. If cooked meat is used, add it with the tomato and seasoning after the onion is browned, and heat through. Grease a baking dish, put in a layer of the cereal, add the meat, gravy, and cover with the cereal dotted with fat. Bake for half an hour.

Shepherd's Pie.

This is the name of a meat pie with a mashed potato crust browned in the oven.

English Stew.

Here is an English stew that is especially good:
 Hot pot of mutton and barley, 1 pound mutton, 1-2 cup pearly barley, 1 tablespoon salt, 4 potatoes, 3 onions, celery tops or other seasoning herbs.

Cut the mutton in small pieces, and brown with the fat in a hot frying pan. This will help make the meat tender and improve the flavor. Pour this into a covered saucepan. Add 2 quarts water and the barley. Simmer for 1 1/2 hours. Then add the potatoes cut in quarters, seasoning herbs and seasoning, and cook one-half hour longer.

Beef Stew.

One pound beef, 4 potatoes cut in quarters, 1-4 peck peas or 1 can, 1 cup carrots cut up small, 1 teaspoonful salt.

Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them 10 minutes before serving. Serve when potatoes are done.

HEINIES WEAR "MADE IN AMERICA" CLOTHES.

PARIS, Sept. 17.—(By Mail).—The German prisoners rounded up by Americans are being fitted out with "hand-me-downs" and cast-off uniforms of the Allies. All of the torn and badly worn uniforms from the expedition are washed, fumigated and patched, then dyed green and turned over to the prisoners. On the blouse and in several places on the trousers the letters "P. W." meaning "prisoner of war," are stenciled prominently.

FRENCH TRAINS COLLIDE, THIRTY PERSONS KILLED.

PARIS, Oct. 1.—Thirty persons were killed and more than a score injured in a train collision between Dijon and Dax on Thursday. Three cars filled with passengers, who were mostly children returning from their vacations, were telescoped. American soldiers lent vigorous assistance in taking out the bodies and transporting the injured in ambulances to a concentration near the scene of the accident.

LITHUANIA APPEALS TO WORLD FOR HELP.

WASHINGTON, Oct. 1.—Inhabitants of Lithuania asked by the Ger-

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