

MEATS IN SUMMER.

Maria Parloa tells how they should be cooked and seasoned. Meats are much more digestible when broiled or roasted than when cooked in almost any other manner.

For broiling, there must be a bed of clear coals—those of hard coal, charcoal or wood; or if one has a modern gas stove, with which the broiling is done under a sheet of gas, the result will be the same.

A steak will not be real juicy unless it be cut thick. An inch is as thin as it should ever be cut. Mutton and lamb chops ought to be an inch, or three-quarters of an inch, thick.

Before any of these meats are cooked they should be seasoned generously with salt and pepper. They also should be dredged lightly with flour. Place in a broiler and cook over hot coals, turning constantly. The broiler should be held near the coals for the first four minutes, that the surface of the meat may be seared and the juices imprisoned.

In summer, when so many people cook on an oil stove, none of the modes of broiling just described will be available if an oil stove be used. Heat a frying pan to a high temperature, and then sprinkle the bottom with salt. Lay the steak or chop in the pan, and after cooking until brown on one side, turn it, and brown the other side.

When broiling meats, be careful to wipe the meat clean and to dredge it with salt and flour. Place the meat on a rack that will raise it about an inch from the bottom of the pan. Sprinkle the bottom of the pan with salt and flour. Place in a hot oven, and when the flour becomes browned, which will be in about five minutes, pour in hot water enough to cover the bottom of the pan.

If this mode of broiling be followed faithfully, the meat will be found juicy, well flavored, and digestible. A meat-rack can be bought for a small sum at any kitchen-furnishing store.

A number of experiments made at the Missouri Agricultural College farm showed that on a moist dirt road it required a force equal to 487 pounds to move a load of 2,665 pounds, or 57 per cent. more than was needed to move the same load over a gravel road having a grade of one foot in twenty-eight; and that on a level gravel or macadamized road the force needed was only one-fourth as much as that needed on the dirt road.

—Ham and Macaroni.—A very savory dish for country suppers is made of boiled macaroni, the long sticks being broken in equal lengths, and carefully but thoroughly well boiled; pour the water off and place them on a dish, taking care not to break the sticks in too small pieces.

—Surgeon (to patient, who has been playing Missouri poker).—"I can find only one ear, sir." Patient—"Yaas, the other one wasn't worth savin'." Don't sew it on the wrong side, Doc.

AN ELEPHANT RIDE.

Ex-Mayor Harrison, of Chicago, Has a Delightful Experience.

On our second day, being provided with a permit from his Highness, we visited "Amber," the old city, now deserted. It lies in a rocky gorge, on a narrow valley. The mountains around are crowded by forts and castles as dizzy and picturesque as any on the Rhine.

Here we found one of the Rajah's huge elephants, of which he has eighty, which was to carry us over the steep pass. His face was painted in Oriental characters. We made our obeisance. He soon came down on his haunches, shot his legs straight out behind, and on a short step-ladder we mounted the mass of meat.

—Grape juice is now pressed into bottles, and then olive oil is poured in at the top of each bottle. This effectually excludes the air, and none can work down into the wine to ferment it. At the same time any air that was in the juice finds its way up through the oil.

NOTHING IS KNOWN TO SCIENCE AT all comparable to the CUTICURA REMEDIES in their marvelous properties of cleansing, purifying and beautifying the skin and in erasing torturing, disfiguring, itching, scaly and pimply diseases of the skin, scalp and blood.

CUTICURA, the great SKIN CURE, and CUTICURA OAP, an exquisite Skin Beautifier, prepared from it, externally, and CUTICURA RESOLVENT, the new Blood Purifier, internally, cure every form of skin and blood disease, from pimples to scrofula.

The BUYER'S GUIDE is issued March and Sept. each year. It is an encyclopedia of useful information for all who purchase the luxuries or necessities of life.

IRRIGATING PUMPS, STEAM ENGINES and BOILERS, COMPLETE POWER and PUMPING PLANTS. Low prices, prompt delivery. Write for Circulars.

Big has given universal satisfaction in the cure of Gonorrhoea and Gleet. I prescribe it and feel safe in recommending it to all sufferers.

CLOSING OUT OUR IMMENSE STOCK OF SUMMER BALBRIGGAN UNDERWEAR, at \$1 and \$1.50 per suit. Latest designs in PERCALE SHIRTS, three latest style Collars and one pair Cuffs, \$1.50 each.

TWO WAYS, CHOOSE WHICH!

There are two usual ways of doing what Nature sometimes does incompletely, namely, to relieve the bowels. One is to swallow a drastic purgative which evacuates profusely, abruptly and with pain the contents of the bowels.

There is not a moment without some duty. MAY TO BELL. Dear Bell: I'll write you a short letter to say I'm wonderfully better; and so much the better for what you said to me.

Consumption, Wasting Diseases, and General Debility, Doctors disagree as to the relative value of Cod Liver Oil and Hypophosphites, the one supplying strength and blood, the other giving power and acting as a tonic to the digestive and entire system.

FROM THE DISTRICT ATTORNEY OF WASHINGTON, D. C. WHITE PLAINS, N. Y. April 10, 1896. I have received many letters in reference to my testimonial, lately published, commending ALLCOCK'S POREUS PLASTERS.

WHAT A DUNCE! I suffered with fever, hot head and foul breath. With stomach full, ordered was sick unto death. I bore it a week—surely I was a dunce.

Money cannot make brains, but brains can make money. Sudden Changes of the Weather often cause Pulmonary, Bronchial, and Asthmatic troubles.

J. H. FISK, Assayer and Analytical Chemist, Laboratory, 106 First St., Portland, Or. Analyses made of all substances. Rates for assaying gold and silver over \$1.50.

TO THE LADIES! JACOB'S OIL. MANUFACTURERS AND IMPORTERS OF LADIES' CHILDREN'S & INFANTS' WEAR.

PIANOS. 1st Premiums, \$2,000 in use, 20 years established. New 2000s made of all substances. Rates for assaying gold and silver over \$1.50.

ELY'S CATARRH CREAM BALM. I am surprised after using Ely's Cream Balm two months to find the right nostril which was closed for 3 years, is open and free as the other.

SEAL OF NORTH CAROLINA PLUG CUT SMOKING TOBACCO. Has made the Pipe a popular institution—being composed of a quality of leaf best adapted for smoking, and cut ready for immediate use, it is preferable to the best brands of light pressed plug.

WOLF & FRANK. Gents' Furnishing Goods, 232, Kearny St., near Bush. Send for Illustrated Catalogue.

THE FLYING DOVE OF PEACE.

A richly frosted quivering flying Dove. A Dream of Life screen calendar. An imported ideal head. An imported frosted scene and a full set of magnificent floral cards.

WHY?

WHY do I have this drowsy, lifeless feeling? WHY do I have Backache? WHY Neuralgia and Rheumatism? WHY does Scrofulous taint and Erysipelas show itself?

WARNER'S SAFE CURE

WHY do we BECAUSE of grate-ful men and women in all world have vol-ten us to this know this? tens of thou-sand parts of the untarily writ-ten effect.

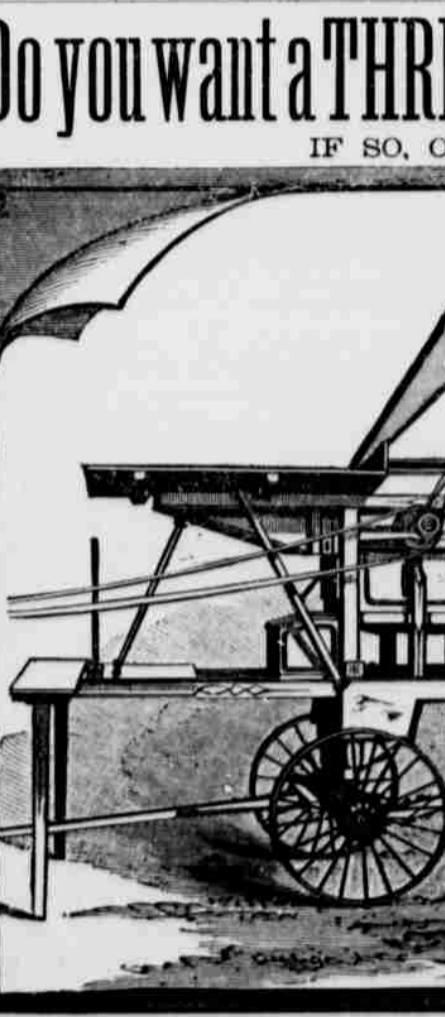
WHY not to-day resort to that medicine which has veritably Cured Millions, and which will cure you if you will give it a chance?

ALL of Warner's preparations are Purely Vegetable. They are made on honor. They are time-tried. They are No New Discovery, Un-tried and Worthless; on the con-trary, they have stood the test—they have proved their superiority. They stand alone in pre eminent merit, and YOU KNOW IT.

SARSAPARILLA, YELLOW DOCK, and Iodide of Potass. It cures RHEUMATISM, NEURALGIA, Bolls, Pimples, Scrofula, Gout, Catarrh, Tumors, Salt Rheum, and Mercurial poison. It Purifies the Blood, Restores the Liver to healthy action, and makes the Complexion Bright and Clear.

J. R. GATES & CO., Proprietors, 417 Sansome St., San Francisco. To \$8 a Day. Samples worth \$1.50, FREE. Lines not under the boxes free. Write for Bulletin of Sufferers from Holders Co., Holly, Mich.

Do you want a THRESHER, HORSE-POWER or ENGINE? IF SO, OF COURSE YOU WANT THE BEST.



We guarantee the J. I. CASE "AGITATOR" SEPARATOR to be the Best Grain Saving and Fastest Thresher ever made. We have over four hundred of these celebrated machines in operation in Oregon and Washington, all of which are giving the highest satisfaction.

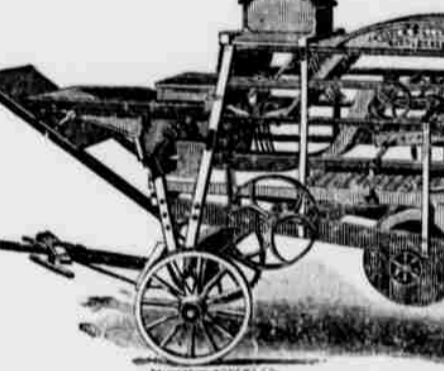
BURNS & SCALDS are cured by JACOB'S OIL used according to DIRECTIONS with each BOTTLE. PROMPTLY AND PERFECTLY AT DRUGGISTS AND DEALERS EVERYWHERE. THE CHAS. A. VOGELER CO. BALTO-MO.

Dr. SPINNEY

NERVOUS Debility, Loss of Vigor, Seminal Weakness, etc., due to excesses or abuse, cured. YOUNG MEN suffering from the effects of a positive cure guaranteed in every case.

STEINWAY, UPRIGHT, GRAND, PIANO. BURETT ORGAN, hand instrument. Largest stock of Sheet Music and Books. Bands supplied at Eastern Prices.

O! YES, YES! CERTAINLY!



THE "ADVANCE" THRESHERS AND ENGINES

I guarantee the New-Fangled Advance Separator to be the best grain-saving, fastest Thresher and most durable Separator ever made. It is not an experimental machine, as the Old Fogey machines are.

THE RAWSON LIGHT RUNNING REAPERS AND MOWERS.

THE LINDGREN CHEMICAL FIRE ENGINES

Your village cannot do without one. You must have one for your mills. You cannot afford to be without a small one in your house. For particulars, address Z. T. WRIGHT, Foot of Morrison Street, Portland, Oregon.