

How to Kill Cuts Humanely.
The quickest and easiest way is to

"speak not out of weakness."

A Bigger thing you.

Mr. White and Mr. Carey, of Falls City, were up at our spelling school.

Mr. Oliver is boarding at Mr. Shreve's and working on his brother's land near T. Murphy's.

John Robinson has gone over to Chitwood station near the Yaquina to bring out some cattle.

At the candy pulling at John Farley's the other day, Little Lee Haggard came out champion puller.

Last week's TREMOR says kill cats with chloroform. I know a woman up here that if she catches the cat that caught her chickens would not wait for chloroform.

A number of the neighbors had a pleasant Xmas evening at Mr. Hall's, with a good supper, a tree full of presents for the little folks and songs and instrumental music. A solo from the one that held out the longest at the table was the order of the evening.

It was a draw between E. T. Reynolds and John Farley, the former coming out ahead on coffee and the latter showing the most chicken bones, so we had no solo.

THAT MASQUERADE.
The ball given for the benefit of the band was a success, and netted quite a sum for the boys. Over fifty maskers participated, some of the costumes being regal and some exceedingly grotesque. Excellent music was furnished by McMinville parties. Here is a list:

Lillie Dudley, Night.
Maud McTimmonds, Fancy Dress.
Biden Grant, Ralph Williams.
Minnie Smith, Bohemian girl.
J. W. Woods, Salem Fire Department.
Orville Shultz, Clown.
Mary A. Brown, Morning Oregonian.
Maud Chitty, TREMOR.
Rose Logan, Red Mitten.
E. S. Catron, Mascot.
Bertha Collins, Tambourine Girl.
Frank Rowell, Dude.
Emma Ludwig, Dusted Maid.
Orville Shultz, Clown.
Pearl Kersey, Marguerite.
Attie Elkins, Chrysanthemum.
Sam Elliott, Golden Slippers.
Mrs. F. J. Coad, Night.
M. C. Syron, Jack The Ripper.
Ellie Kersey, Queen of Hearts.
Willi Lowell, "Baltimore" Sailor.
Lee Fenton, Knight Templar.
Mrs. I. N. Woods, Question.
Joel Shaw, Dutchman.
Jennie Snyder, Oriental.
J. T. Thompson, Independence Band.

Maggie Wyland, Spanish Lady.
Satie Snyder, Boepp.
Maud Grant, Jack of Diamonds.
Ed. Shaw, Mexican.
Walter Williams, Mr. Pickwick.
Curtis Gilson, Fireman.
Curtis Hawley, Tennis.
Gertie Paul, Name It and Take It.
Homer Lemmon, Sunflower.
Emma Black, Fancy Dress.
Lois Shreve, Charles II.
Jessie Kersey, Old Woman.
George Richmond, Weldoot.
Mrs. Fenton, Fancy Dress.
Henry Farley, Sitting Bull.
Violet McManara, Fancy Dress.
Nora McDonald, Boepp.
Lois Paul, Fireman.
Mrs. O. J. Cooper, Nothing.
Ben Harris, Aristocrat.
Charley Black, Jockey.
Maggie Woods, Gypsy.
Ed. Blessing, Band Boy.
Ab. Burnett, Mother Hubbard.

FALLS CITY.
Christmas has come and gone once more with its joys and gifts, labors and disappointments.

The entertainment and Christmas tree were in the upper rooms of the school house. The sliding partitions were shut back into their receptacles, thus throwing the two upper rooms into one, thereby making ample room for the large number in attendance.

The two trees were nicely arranged, one on each side of the stage with a beautiful arch brightly illuminated and nicely decorated with appropriate lettering. J. N. Hart managed all the departments in a manner that showed him to be equal to the occasion. The following is the programme of the exercises:

MUSIC—Band.
Opening Remarks—J. N. Hart.
Invocation—Rev. H. H. Starr.
Anthems—Hark! the Notes of Joy—Choir.
Address—A. H. Dodd.
Select Reading—The Christmas Tree

To the Public.
Owing to the stringency of the times we are compelled to change our manner of business. We have in the past been doing a general credit business, and now find ourselves with all our surplus capital on our books and unable to collect, forcing us to either quit business or adopt a cash system or its equivalent. As we have a big stock of goods, we cannot afford to sacrifice them entirely, so after January 1, 1934, we will do business on a cash basis, paying the highest cash prices for all kinds of produce, and selling goods so much cheaper than you have been in the habit of buying them that you will gladly pay the cash in order to get the benefits. Now we ask all of our old customers to come and see us for we have a word for them. Those owing us will please call and settle their accounts as we must have the money.

NEW SUPERINTENDENT AT BROADMEAD.
W. H. McDowd, who has so successfully managed the Ladd & Reed Land company's property at Reedville, for the past five or six years, has been promoted to be superintendent of the same company's property in Yamhill county, known as the Broadmead farm. That farm is perhaps the most valuable tract of land in the state. There is under cultivation 3,000 acres of land besides what is used for pasture. It is said that \$1,000,000 have been spent in the purchase and improvement of the place. The large barn will house in the basement 100 head of cattle, and on the first floor there is room for 100 head of horses. Seven hundred tons of hay are required to fill the mows. Heretofore the dividends from Broadmead have not been golden and Mr. McDowd has been transferred there with a view to making those productive acres profitable.—Hillsboro Independent.

OAKDALE.
Roads horrible.
Days longer up here. How is it with you?
Adial Tate is grubbing out his ranch this winter.
Mr. Cook and Frank Murphy are off to the mountains on a hunt.
Our school house is quite comfortable since it has been papered.

Do You Ever Have Boils?
For several years prior to 1932, there was hardly a day that I was free from boils and other eruptions of the skin arising from impure blood.

Hood's Sarsaparilla Cures
It is the blood. I began to take Hood's Sarsaparilla, and before I had finished the third bottle I found myself entirely cured. A. N. Hyde, of Van Vleet & Hyde, Real Estate, De Long Building, Fresno, California.

Hood's Pills act easily, yet promptly and efficiently, on the liver and bowels. 25c.

ST. JACOB'S OIL
CURES PAIN,
RHEUMATISM, NEURALGIA, SCIATICA, LUMBAGO, SPRAINS, BRUISES, SWELLINGS, BURNS.

The Largest and Best
STOCK OF DRY GOODS IN SALEM IS AT
J. J. Dalrymple & Co's.

Early in the season they bought sparingly, but recently some wholesalers had to unload and they got many lines of choice goods at almost their own figures. Their customers are now getting a genuine benefit from this. The above list is intended specially for

THE LADIES OF POLK COUNTY.

Miss Ida Bryant.
Song—Christmas Welcome—Twelve little girls.
Recitation—Kris Kingle's Visit—May Kunsman.
Class Exercise—Christ is Born—Twelve little girls.

Recitation—The Strange Child's Christmas—Edith Montgomery.
Christmas Song—Fifteen small girls and boys.

A Visit from St. Nicholas.
Distribution of Presents.
The presents were very numerous, but of a class that are more useful than ornamental. The order was excellent for so large a crowd. All those taking part acquitted themselves very creditably and especially the songs by the children were very enthusiastically received by the audience. Notes caught on the wing: Arthur Starr says he has sufficient Graham and to spare, while Dave Grant says those shoes were rather permeable, and as to Ralph it is hard to say what he says or thinks of his Xmas present, but it is reported that he will for swords, shields, batons, war clubs, etc., call on Guy White.

SPRING VALLEY.
Miss May Bind, of Lafayette, is visiting relatives here.
Mager Walker and brother, C. C., are both quite sick.

James Broyles and family, of Fairfield, spent Christmas here.
Captain Clark is able to be out again after a siege of la grippe.

Preaching at the church next Sunday at 11 o'clock by Rev. Robinson.
Miss Ingram, of Amity, is spending the holidays with Miss Addie Clark.

W. H. Cooper wants a woman to splice out the pants he got on the Christmas tree.

The entertainment at Lincoln last Friday night was a success socially and financially. About \$18 was raised for the church and the supper was immense, John Walling and H. Coyle eating a dish pan full of chicken.

A hard times soiree will be given at the Lincoln warehouse. Pork and beans for supper, admission 10 cents and children 5 cents. Anyone wearing good clothes will be fined 25 cents or sent home, but everybody come and have a good time. No trouble to find old clothes these times, in fact it is the first social we have been able to attend.

A social at J. L. Purvine's Wednesday night was the event of the season. Mrs. Purvine kindly invited the Christian Endeavor society to meet at her house for the occasion, and the entire society with invited friends met there and had a grand time. A nice programme of recitations and music was rendered and a splendid supper enjoyed and truly no such gathering could be held without a band of young Christians in the lead.

Christmas tree exercises well attended, church filled to overflowing. The tree was nicely decorated and well filled with nice present, though nothing costly. Fifty pounds of candy and nuts were distributed to the children, not a child being overlooked by the committee even though they did not belong to our Sunday school. To see the bright happy faces was to pay for all the work of the older ones. The Sunday school owe a vote of thanks to Mr. and Mrs. Purvine and Mrs. Page for their help in arranging and decorating the tree. Every committee done its part well, even to clearing up in the church and leaving everything in nice order.

The Dallas gun club will slaughter clay pigeons today, and defy any team of five men to make a better score.

A petition has been presented to the council asking for the vacation of certain streets in Whiteman's addition.

Relative Value and Amount of Food For Various Occupations.
In many cases the most nutritious fare is both simple and cheaper than the viands that are foolishly bought by people who need economy in expenditure, because of habits of rich—which is very often unwholesome—living.

For example, most people think a tenderloin steak must be a much more nourishing article than a plain steak, because it costs more. The same price actually makes many buyers in purchasing high priced butter, fine flour—with much of the nutriment bolted out of it—and delicate fish and vegetables.

Professor Atwater classifies the benefits we get from food under two heads—protein, which nourishes the tissues, and caloric, whence our heat and energy. A round steak costing 15 cents a pound contains as much of both as a tenderloin costing 50 cents and is just as digestible. Oysters and eggs are very low in protein, and butter and sugar have none, yet how many people think these things necessary to their nourishment! They are richer in the reverse order, in the fatty elements which make heat and energy, but Professor Atwater's figures show that there are foods preferable to all of them for both the principal benefits needed. The following table, based on his research, gives the order of value of foods for the two purposes:

NOURISHMENT.
1. Cornmeal.
2. Wheat flour.
3. Oatmeal.
4. Salt cod.
5. Beef (veal).
6. Cheese.
7. Potatoes.
8. Whole bread.
9. Chicken.
10. Milk.
11. Eggs.
12. Sirloin.
13. Sirloin.
14. Salmon.
15. Oysters.
16. Salt pork.
17. Butter.
18. Beef (veal).
19. Milk.
20. Sirloin.
21. Sirloin.
22. Salt cod.
23. Mutton.
24. Chicken.
25. Salmon.
26. Oysters.
27. Eggs.
28. Butter.
29. Beef (veal).
30. Milk.

ENERGY.
1. Cornmeal.
2. Wheat flour.
3. Oatmeal.
4. Sugar.
5. Potatoes.
6. Salt pork.
7. Whole bread.
8. Butter.
9. Beef (veal).
10. Milk.
11. Eggs.
12. Sirloin.
13. Sirloin.
14. Salmon.
15. Oysters.
16. Salt pork.
17. Butter.
18. Beef (veal).
19. Milk.
20. Sirloin.
21. Sirloin.
22. Salt cod.
23. Mutton.
24. Chicken.
25. Salmon.
26. Oysters.
27. Eggs.
28. Butter.
29. Beef (veal).
30. Milk.

How to Clean Mirrors.
Wash them off with a camellia skin wrung out of clean water. They will dry brilliantly and need no polishing. This is the easiest way to wash glass in doors or windows also.

How to Prevent a Cold.
Do not allow yourself to feel "chilly." It may indicate a circumstance or physical condition, either of which can be modified by prompt attention. If you are chilly from a draft, move from it, stop it, stop it off or put on more clothes. If the coldness arises from a physical condition, you are probably taking cold. Heat a brick and sit with your feet upon it until you are heated through.

Dreams Fulfilled
'Twill be a happy youngster whose dreams of the coming of old Santa Claus shall be fulfilled. No reason why they shouldn't be. Our Holiday stock is complete with everything the tot could yearn for, and prices lower than we ever before knew them to be.

My Christmas stock is now complete consisting of Xmas cards, books leather goods, fine stationery, picture frames and a large stock of JAPANESE GOODS.
Don't forget to see F. S. DEARBORN, Bookseller, Salem, Or.

Nerve Tonic
Blood Builder
DR. WILLIAMS' PINK PILLS FOR PALE PEOPLE
Send for descriptive pamphlet.
DR. WILLIAMS' MEDICINE CO., Schenectady, N.Y., and Brockville, Ont.

REOPENING.
E. HUGHES & SON
Have again opened their wagon and blacksmith shop at the old stand Near Covered Bridge.
They solicit the patronage of former customers and others. They are getting some seasoned stock from Portland, but the bulk of it comes from the east.

How to Make a Library Attractive.
A good cartridge paper, in a soft, light olive, a clear gray blue or gray, is one of the best medium priced coverings that can be selected for a library wall. Red—which is ideal as an evening color, and also for its daytime warmth—can only be safely used in a very sunny or a well lighted room. Otherwise it absorbs too much light. Certain shades of old red and old pink have not, however, that drawback. The dull colored tapestry papers with much blue and green make a quietly effective background in a library, but they, too, require a bright room. If a library is little used as a daytime workshop and is well lighted in the evening, any color that is not too delicate may be chosen.

How to Clean Gloves, Ribbons and Laces.
A popular preparation for cleaning such articles is a mixture of a drams sulphuric ether, a dram chloroform, 2 drams alcohol and a quart denatured benzine. Pour the fluid into a bowl and wash the articles, rubbing them gently. Rinse in a fresh supply, then pull them carefully into shape and hang them in a current of air for a short time.

How to Reduce In Weight.
A young English girl afflicted with an undesirable amount of adipose tissue has succeeded in ridding herself of a large amount of it without injuring her health by following the regimen given below. She began by getting up at 6 o'clock every morning and taking a three mile walk before breakfast without considering the weather. At 9 o'clock she had a large cup of coffee, with very little sugar, and a slice of dry bread. Then she occupied herself as she liked until 2 o'clock, when more bread and some vegetables composed her meal. At 4:30 she was off for another long walk, followed by a cup of tea and a few dry biscuits. Ninety days of this regimen reduced her weight from 185 to 145 pounds.

How to Make Buckwheat Cakes.
The old fashioned rule for buckwheat cakes is undoubtedly the best, and it calls for 4 cups of buckwheat, a small cup of Indian meal, an even tablespoonful of salt, a half cake of compressed yeast, 2 cups of water and 2 cups of milk, mixed together and added when lukewarm. These cakes must be mixed up over night and left to rise till morning. In the morning they should have risen and fallen back. This condition of the batter may be told by inspecting the sides of the dish where the mark to which the batter has risen will be found.

This would not be a desirable state of things in the case of any other batter, as it would indicate that it was sour, but the slight acidity which would exist in a properly raised buckwheat batter if it were not corrected by soda is completely done away with when an even teaspoonful of soda stirred in half a cupful of lukewarm milk is put in in the morning just before the cakes are baked. When the soda is added, the cakes should foam up like yeast.

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The old fashioned rule for buckwheat cakes is undoubtedly the best, and it calls for 4 cups of buckwheat, a small cup of Indian meal, an even tablespoonful of salt, a half cake of compressed yeast, 2 cups of water and 2 cups of milk, mixed together and added when lukewarm. These cakes must be mixed up over night and left to rise till morning. In the morning they should have risen and fallen back. This condition of the batter may be told by inspecting the sides of the dish where the mark to which the batter has risen will be found.

This would not be a desirable state of things in the case of any other batter, as it would indicate that it was sour, but the slight acidity which would exist in a properly raised buckwheat batter if it were not corrected by soda is completely done away with when an even teaspoonful of soda stirred in half a cupful of lukewarm milk is put in in the morning just before the cakes are baked. When the soda is added, the cakes should foam up like yeast.

How to Make a Library Attractive.
A good cartridge paper, in a soft, light olive, a clear gray blue or gray, is one of the best medium priced coverings that can be selected for a library wall. Red—which is ideal as an evening color, and also for its daytime warmth—can only be safely used in a very sunny or a well lighted room. Otherwise it absorbs too much light. Certain shades of old red and old pink have not, however, that drawback. The dull colored tapestry papers with much blue and green make a quietly effective background in a library, but they, too, require a bright room. If a library is little used as a daytime workshop and is well lighted in the evening, any color that is not too delicate may be chosen.

How to Clean Gloves, Ribbons and Laces.
A popular preparation for cleaning such articles is a mixture of a drams sulphuric ether, a dram chloroform, 2 drams alcohol and a quart denatured benzine. Pour the fluid into a bowl and wash the articles, rubbing them gently. Rinse in a fresh supply, then pull them carefully into shape and hang them in a current of air for a short time.

How to Reduce In Weight.
A young English girl afflicted with an undesirable amount of adipose tissue has succeeded in ridding herself of a large amount of it without injuring her health by following the regimen given below. She began by getting up at 6 o'clock every morning and taking a three mile walk before breakfast without considering the weather. At 9 o'clock she had a large cup of coffee, with very little sugar, and a slice of dry bread. Then she occupied herself as she liked until 2 o'clock, when more bread and some vegetables composed her meal. At 4:30 she was off for another long walk, followed by a cup of tea and a few dry biscuits. Ninety days of this regimen reduced her weight from 185 to 145 pounds.

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