Women's Page New Features of the Spring Corect.

Household Hints, Fashions and Recipes

1. - The Scope of Domestic Science.

By EDITH G. CHARLTON, In Charge of Domestic Economy. Iowa State College.

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HE purpose of this series of articles will be an attempt to show the direct relation between domestic science and ordinary affairs in the life of either men or women. Too many people have conceived the idea that domestic science chiefly concerns those people who have more time for theorizing than for actual work. These think the subject deals largely with air castles of the Bellamy style of architecture and contains little real help for present day homemak ers. There are some who still hold the opinion that such is the meaning and scope of domestic science, but their number is rapidly decreasing on account of the introduction of the study of scientific homemaking into public schools, high schools and colleges. To be an aid to housekeepers who cannot take advantage of these courses of study as prescribed in schools and colleges is the aim of this series of talks.

One of the chief purposes of domestic science is to teach men and women how to live rightly, how to use material things in such a way as to get the highest good, the best results, from them. The science concerns men quite as much as women, and it means much more than the commonly accepted idea that it has most to do with cooking and eating and washing dishes. These things are of course included in the study and. I assure you, that even these exceedingly common affairs of life are deserving of a higher place in the wonderful process of living than is usually accorded them.

Life is a serious business, and nothing which pertains to it is either a joke or a trifle. Therefore anything which helps to give even the common-



COOKING BY RULE.

est things their true importance and assists men and women to be better mentally and physically is worthy due consideration and a fair trial from every individual. So, while these talks concern the housekeeper more closely perhaps than they do men, the latter are not exempt from at least an honest interest in their subject matter.

Those who have anything to do with stock know how important it is that the animals be properly fed in order that they may be suitable for their wisely about whether it is better to feed corn or peas for fattening purposes. They are careful, too, to see that the soil on which the apple orchard is planted contains the proper elements to make strong, productive trees. But when it comes to the daily bill of fare for human beings the average man and woman give it very little thought. At least it is the common rule to eat what is set before us or what our fancy and appetite suggest. until we have so long disregarded the laws of nature that our digestive organs rebel, and we can't eat even the plainest food without discomfort.

It is a fact that the average person knows less about his own anatomy and the functions of his body than about almost any other subject. Think for a moment of the many noted men who are laid aside in early middle life because their digestive organs are worn out. And no wonder they refuse to perform their duties! We wouldn't treat a thrashing machine as we treat ourselves and not expect the machine to be good for nothing inside six months. The illustration is more nearly parallel with the case than perhaps following may be tried. Use a pound you think. The man feeds his engine each of lean pork and veal, one pound with coal and wood in order to get en- of beef suet, a half pound of breadergy from it. He also expects to get crumbs, four teaspoonfuls of powdered energy, growth and continued life from | sage, a sprig of thyme, marjoram and his food; at least that is the true reason why he eats. Yet how many men Free the meat from skin or gristle. and women are there who from an ordinary bill of fare can select the foods it is well mixed. Add the breadcrumbs which build tissue-make brain and and other ingredients all as fine as posblood-and which are most suitable for sible. Mold into little cakes. Powder the production of heat and energy? with flower and fry in hot lard.

HERE AND THERE.

The newest corsets preserve or mold the natural figure lines-the low, unconfined bust: the curveless waist. with the diaphragm slightly full; the perfect, curveless and slender hip Mue. All of the new corsets are more flexi-

Transparent fichus are worn over the prettiness of young shoulders, and their value in the toilet of madam is great. There are many pretty bordered materials this spring, but none is better adapted to young girls' use than mar-



PROCE OF BORDESED MARQUISETTE. quisette in a flowered design. The frock pictured is evolved from this ma-JUDIC CHOLLET.

These May Manton patterns are cut in sizes for misses of fourteen, sixteen and eighteen years of age. Send 10 cents each for the patterns, giving numbers, skirt 7012 and blouse 6948, and they will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage, which insures more prompt delivery. When ordering use

Name

Address The KITCHEN

THE JUICY SAUSAGE.

these days, when almost ever family has one of the little meat lumbia, lost his balance. or vegetable choppers, it is possible to turn out your own sausage meat and to enjoy at moderate price a quality such as can only be bought in the Mrs. Annetta Foster, W. E. Campbell best shops at the highest price.

To make sausage meat some of the less expensive cuts of pork will do just as well as the higher priced ones. Fat and lean must be mixed in about the proportion of one part of fat to two or three of lean.

The seasoning of sausage is largely a matter of taste. Some persons like onion juice, others prefer sage, and some folks like it with no seasoning

but salt and pepper. An Old Fashioned Recipe.

Grandmother's Sausage Meat.-Use six pounds of lean fresh pork and three pounds of fat. Take twelve teaspoonfuls of powdered sage, six tenspoonspecial purpose. Men give a great deal fuls of black pepper, six teaspoonfuls of study to the different methods of of salt, two tenspoonfuls of powdered feeding cows and pigs. They talk mace, two tenspoonfuls of powdered cloves, one grated nutmeg. Mix the require several years' labor. spices together and then add to the pork. Run the meat and spices together through the chopper, mixing them data from the county records, preparso that the sausage will be well seasoned. For keeping pack the meat in a stone jar and run over it a crust of melted lard or wax. When ready to cook form the sausage ment into small cakes and fry in their own fat.

By halving or quartering the quantity of the ingredients you can make a smaller amount of sausage meat.

Some Sausage Dainties. Baked Sausage.-Boil and mash a half dozen good sized potatoes. Season with sait and pepper. Spread in riage license has been issued in Hood a baking dish and make up about a River county and all records for conpound of sausage meat into cakes, tinued inactivity in this respect have Lay the cakes on top of the potatoes been broken here. County Clerk Hanin the dish and place in a hot oven. Turn the sausages so that both sides may be well browned. Serve in the dish, garnishing the top with celery

leaves or sprigs of parsley English Sausage.-The English use beef in their sausage meat. For those who find an all pork meat too rich the summer savory and a grated nutmeg. Chop as fine as you can and see that

OREGON NEWS NOTES ESCAPED CONVICTS OF GENERAL INTEREST

Events Occurring Throughout Fierce Battle Ends Hunt for the State During the Past Week.

Albany Plans Manufacturers' Expo not be confined to Albany alone, but | convicts and officers. manufacturers from all over Linn Charles Morley, the third member county will be asked to contribute of the trio which escaped from the displays.

Pumpkin Show Buys Home. success of the past two years, the diposes of the pumpkin show.

at the entrance to Coos Bay. Holland

LAND LAWS PROPOSED

Eugene Socialists Approve Revolutionary Measure.

Eugene .- Admitting that the plan adoption at this time, J. W. S. Scott, labor at Walla Walla state prison. of this city, has secured the indorsement of the Eugene socialist local to a project to initiate a law giving the state the power to seize unoccupied or rented lands and sell the same to any who may wish to use the lands.

A resolution outlining the plan has been sent to the socialist headquarters in Portland and will be sent to other locals over the state. If it is approved by these, steps will be taken to draft a bill and have the question placed on the ballot for November.

The purpose of the introduction of the bill at this time, Mr. Scott says, is to get before the people of the state in concrete form the socialistic doctrine of the "elimination of interest, profit, and rent."

Man Falls Far to Death.

The Dalles.-Falling from the Oregon Trunk railroad bridge at Celilo to the rocks below, a distance of 60 feet, Le Roy Wisner met a horrible death. The fatal accident happened when Wisner, who was employed as a painter on the structure spanning the Co-

Elopers Aged 70 And 60.

Roseburg .- Accused of eloping with was arrested and was brought here to await preliminary examination. Campbell is a civil war veteran and is 70 years of age. Mrs. Foster is 60 years old and a cripple.

RIVER RIGHTS STUDIED

Deschutes Problems Taken Up By State Engineers.

Bend.-Work to obtain adjudication of the water rights of the Deschutes river has been begun by State Engineer Lewis, according to George T. Cochran, superintendent of water district No. 2, who was here making arrangements for the work, which is acknowledged to be a task that may

R. G. Wygant, an assistant state engineer, is in Prineville collecting atory to commencing the work of map making and surveying the river. This surveying probably will commence within a few weeks, and is to include a thorough mapping of the entire Deschutes river from Crane Prairie, at its headwaters, to the Columbia, a distance of over 200 miles.

No Weddings in 40 Days. Hood River.-For 40 days not a marson has not issued a marriage license since February 5.

Newport Man Drowned.

Newport .- K. D. Woodford, of this place, was drowned in the Big Elk fiver about six miles above Elk City, while engaged in rafting logs to Elk City mill. The body has not yet been recovered.

Plank Gets \$3750.

Eugene.-The jury in the case of W. S. Plank vs. W. P. Morse, wherein Plank sued Morse for \$10,000 for alleged alienation of his wife's affections, returned a verdict in favor of the plaintiff for \$3750.

KILLED BY OFFICERS

Jailbreakers Who Murdered itentiary Officials.

Omaha, Neb .- Two of the convicts, Albany.-To encourage the pur- John Dowd and John Taylor, alias chase of "Made in Albany" goods, a "Shorty" Gray, who escaped last manufacturers' exposition will be held Thursday from the state penitentiary here soon, when each manufacturer at Lincoln, and Roy Blunt, an innowill have an individual display of his cent victim of the murderous attempt products on exhibition in the auditor- secure liberty, are dead as the reium of the armory. The exhibits will suit of an exciting battle between the

state prison, after killing three officials of that institution, saved his life by surrendering after a running battle Junction City.-Encouraged by the over two and a half miles of country.

The three convicts were within rectors of the Junction City "Punkin" striking distance of the goal which show named a committee to arrange they hoped might secure their safety for the purchase of the Washburn when the final desperate struggle for rink as a permanent home of this liberty occurred. They had covered erals, \$3. 20 Black Minorea Pullets, \$2. rink as a permanent home of this liberty occurred. They had covered erals, \$3. city's novel annual fall festival. The roomy structure will be remodeled to miles of the Omaha limits, where above breeds \$2 per setting. Dell Elliot somewhat to better fit it for the purthey had expected to receive the pro- R. D. 1, Montavilla, Ore. tection of friends.

The telephone operator at Gretna, Coos Bay Sand Spit Sown to Grass. about 15 miles south of here, gave no Marshfield.—A force of 15 men is tice of the presence in that vicinity ing land \$2800 or 10 acre tracts, easy employed by the government engin- of the desperate men. This message terms. Mrs. Joel Jarl, Boring, Ore. 2t eers planting grass on the sand spit brought out several posses. Chief Briggs, of South Omaha, and his dep the three convicts.

Wappenstein to Serve.

Olympia, Wash.—The supreme court affirmed the conviction of Chas. W. Wappenstein, ex-Chief of Police of Seattle, on a charge of accepting a is revolutionary, and furthermore ad- bribe. Wappenstein was sentenced to mitting that chances are against its serve from three to ten years at hard

BOOK READERS, LOOK

We sell, buy or exchange novels of all kinds. Big line just in.

LAMBERT'S CONFECTIONERY On Carline, Lents Main Street

LARD and COMPOUND HAMS and BACON BUTTER and EGGS FISH in SEASON FRESH MEATS SAUSAGE

Always Fresh and Priced Right

BROTHERS EGGIMAN

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REAL ESTATE

We have listed perhaps the biggest list of bargains in real estate of any firm in the city. Our list includes many excellent buys in Lents property. We also have houses for tent and for sale on easy payment

MRS. T. BRIGHT Foster Road East of P. O.

> IT'S FEOT INSURANCE SILK ELASTIC HOSIERY The constant yet gentle pressure re-lieves at opes all Sprains and Ankle Weakness. Free measurement blank on request. Woodard, Clarke & Co.

CLASSIFIED

WANTED

WANTED—Lace curtains to launder. Quilts and blankets washed; reasonable also work by the day. Mrs. Haskins, phone Home 1111.

WANTED-Good, clean cotton rags at 1/2c a pound. Mt. Scott Pub. Co.

WANTED - Boys may be had and ometimes girls. The older ones at ordinary wages and others to be schooled and cared for in return for slight services rendered. For particulars address W. T. Gardner, superintendent Boys and Girls Aid Society of Oregon, Portland, Ore.

WANTED-To buy a light buggy with low wheels, arch axle, see Lents undertaker.

FOR SALE

FOR SALE-Newspapers for wrapping or kindling. Mt. Scott Pub. Co.

FOR SALE-30 S. C. Rhode Island

FOR SALE-Beautiful bay mare, 3 yrs. old, sound, gentle, weighs 1200 now. Price \$160. 41 acres good fruit or farm-

FOR SALE-Black Minorca Cockergrass which has been previously tried is being planted with a view of keepthe party which finally vanquished being planted with a view of keepthe party which finally vanquished bauer, Gresham, Ore., R. D. 2, box 112.

> LUMBER-At our new mill 134 miles southeast of Kelso. We deliver lumber. Jonsrud Bros.

> FOR SALE OR TRADE-Wood stumpage, four miles Southeast of Lents. L. G. Meyrs, R. D. 1 Clackamas. tf

FOR SALE-One half acre, fenced, ast front, some orchard, good location. \$10 down, \$10 per month. Enquire at Mt. Scott Publishing Co's, office.

FOR SALE-One fourth acre, cleared. n Walden Park. Five dollar payments. Enquire at Mt Scott Publishing Co's.

FOR SALE-Barred Plymouth Rock egg. 15 for \$1.00. Mrs; F. J. Ralston, 3 block east 1 block north of school.

Clack AMAS GRANGE, NO. 298—Meets the first Saturday in the month at 10:30 a.m. and the third Saturday at 7:30 p. m. and the third Saturday at 7:30 p. m. and the third Saturday at 7:30 p. m. SanDY GRANGE, NO. 292. Meets second Saturday of each month at 10 o'clock a. m. EGGS FOR HATCHING-We have horns, bred for eggs for 10 years. Set-tings or incubator lots. Call Lents Home Phone 2924, or address Calkins Poultry Farm, Lents, Ore, Gilberts Station. Also a few good cockrels

MISCELLANEOUS

LAND CLEARING-to let by contract at Cottrell. N. G. Hedin, Boring, R. 1

LOST-Bunch of office keys, First Leaves 7:10 a. m., 10:30 a. m., 3:30 p. m., 11:15p.m. National (Berkely) ring, return to Mt. Arrives 7:00 a. m., 3:30 p. m., 7:00 p. m., 10:30 p. m.

OREGON WASHINGTON SEATTLE

DIRECTORY

PROFESSIONAL

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ington, Portland, Ore. City Office, Main 5955; Lents Office, 2833 Residence, Tabor 2587

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Mrs. Janette Gesell Miss Ruth Gesell

Lessons in China Painting China decorated to order and firing. Samples of our work on exhibition at Lents Pharmacy Studio, 59th Ave., S. E., Grays Crossing Leaves 5:30 p m., arrives 9:55 a. m.

Repels Attack of Death

"Five years ago two doctors told me | Leaving at 7:35, 8:45, 10:45; 2:00, 3:45, 6:70, 8:55, I had only two years to live." This start- Arrives 8:45, 11:15; 1:30, 4:15, 5:26, 6:15, 8:20,11;00 ling statemert was made by Stillman I would die with consumption. It was up to me then to try the best lung medicine and I began to use Dr. King's New Discovery. It was well I did, for today I am working and I believe I owe my life to this great throat and lung cure that has cheated the grave of another victim." Its folly to suffer with coughs, colds or other throat and lung troubles now. Take the cure that's safest. Price 50 cents and \$1.00 Trial bottle free at all dealers.

Advertising that pays-Herald advertising.

CHURCH DIRECTORY

(All churches are requested to send to The Herald notices, such as the following, for publi-cation each week free.)

ST. PAUL'S EPISCOPAL CHURCH, WOODMERK Services and sermon at 4 p. m., every Sunday. Sunday School at 3:00 a. m. Communion service, on second Sunday of each month. Dr. Van Water and Rev. Oswald W. Taylor. LENTS BAPTIST CHURCH-First Avenue, near Foster Road. Rev. J. N. Nelson paster. Sunday Senool 10 a. m. Preaching 11 a. m., and 7:30 p. m. B. Y. P. U. meets at 6:30. Prayermeeting Thursday evening at 7:30.

WEDISH LUTHERAN MEETING-Held every Sunday at 10:30 s. m., and in the evening at the Chapel at corner of Woodbine street and Firland avenue. Rev. B. S. Nystrom. pastor. VEDISH BETHANIA CHAPEL, ANABEL-Scandinavian Sunday School at 11 a. m., Bible study and prayer meeting Friday at 8 p. m. Scandinavian people cordially invited

RACE EVANGELICAL CHURCH, LENTS-Preaching Sunday at 11 a. m. and 7:30 p. m. Sunday School every Sunday at 10 a. m. Young Peoples' Alliance every Sunday at 6:30 p. m. Prayer meeting and Bible study each Wednesday evening. Special music All cordially welcome. Rev. Conklin, pastor. Wednesday evening cordially welcome. Rev. Conklin, pastor. LENTS FRIENDS CHURCH—South Main St. Sabbath School 10:00a. m. Service 11:00a. m. Christian Endeavor 6:30 p. m. Evangelistic service 7:30. Prayer meeting Wednesday 7:45 p. m. Myra B. Smith, pastor.

ENTS M. E. CHURCH—Corner of 7th Ave. and Gorden St. Sunday School 10:00 a. m., Ser-vices at 11:00 a. m. and 7:30 p. m., Epworth League 6:30. Prayer meeting Thursday even-ing of each week. All most cordially invited. Rev. W. Boyd Moore, pastor. TREMONT UNITED BRETHERN CHURCH-

62nd Ave. 69th St. S. E. Sunday School at 10:00 a.m. Preaching 11:00 a.m. Christian Endeavor 6:30 p. m. Preaching 7:30 p. m. Prayer meeting Thursday 7:30 p. m. Mrs. Lynn, pastor.

MILLARD AVE. PRESBYTERIAN CHURCH Rev. Levi Johnson, pastor Residence 6921-2 Lovejoy St. Services: Sunday School at 10 a. m., Morning Worship 11 a. m. SEVENTH DAY ADVENTIST CHTRCH-Satur-

day Sabbath School 10 A M ; Saturday Preach ing 11 A M; Sunday Missionary Meeting 6:30 P M; Sunday Preaching 7:30 P M; Wednesday Prayer Meeting 7:30 P M. All welcome to these meetings. C. J. Cummings, Paster, residence 98 East 45th St. Phone Tabor 3621.

GRANGE DIRECTORY

[Granges are requested to send to The Herald infomation so that a brief card can be run free under this heading. Send place, day and hour of meeting.] PLEASANT VALLEY GRANGE No. 348 Meets second Saturday at 7:20 p. m., and fourth Saturday at 10:20 a. m. every month.

ROCKWOOD GRANGE-Meets the first Wed-esday of each month at 8 p. m. and third Sat-MULTNOMAH GRANGE, NO. 71.—Meets the fourth Saturday in every month at 10:30 a. m., in Grange hall, Orient.

FAIRVIEW GRANGE-Meets first Saturday and the third Friday of each month. RUSSELLVILLE GRANGE, NO. 333 Meets in he schoolhouse the third Saturday of each

EVENING STAR GRANGE-Meets in their hall at South Mount Tabor on the first Saturday of each month at 40 a.m. All visitors are GRESHAM GRANGE — Meets second Satur day in each month at 10:30 a. m.

DAMASCUS GRANGE, NO. 260.— Meets first aturday each month. LENTS GRANGE-Meets second Saturday of sch month at 10:30 a. m.

CLACKAMAS GRANGE meets first Saturday of each month at 10:30 a. m., and third Satur day at 7:30 p. m.

RAILROAD TIME CARD

UNION DEPOT, NORTHERN PACIFIC Phone A 6541, Main 6681

Phone A 6121, Private ex. 1 Leaves 8:30 a. m., 1:45 p. m., 3:00 p. m., 11:90p.m. Arrives 6:45 a. m., 2:80 p. m., 5:30 p. m.

PENDLETON LOCAL Leaves 7:50 a. m., arrives 5:30 a. m. THE DALLES LOCAL Leaves 4:00 p. m., arrives 10:00 a. m.

EUGENE PASSENGER

OVERLAND Leaves 10:00 a. m., 8:60 p. m., arrives[12:46 a. m., SPOKANE Leaves 9:0) p. m., arrives 11:30 a. m. SOUTHERN PACIFIC

Leaves 6:30 p. m., arrives 11:00 a. m ASHLAND Leaves 8:30 a. m., arrives 9:50 p. m. ROSEBURG Leaves 3:50 p. m., arrives 5:30 p. m CALIFORNIA TRAINS Leave at 1:30 a. m., 5:50 p. m., 7:45 p. m

Arrive at 7:50 a. m., 7:40 a. m., 2:80 p. m. WEST SIDE Corvallis, leave 7:20 a. m., arrive 6:20 p. m. Hillsboro, leaves 7:20 a. m., 11 a. m. 4:00 p. m., 5:40p. m. Arrive 8:00 a. m., 10:20 a. m., 2:45 p. m., 4:10 p.

m., 6:20 p. m.

Dallas, leaves 7:40 a. m. arrives 5:45 p. m UNION DEPOT Dallas, leaves 4:10 p. m., arrives 10:30 a. m. SHERIDEN-UNION DEPOT Leaves at 4:00 p. m., arrives 10:20 a. m.

JEFFERSON STREET

TILLAMOOK Leaves 8:45, Hillsboro, 10:00 Tillamook 4:36; leaves Tillamook 7:00 a.m., Hillsboro 1:40 p. m., arrives in Portland 2:45 p. m. NORTH BANK

Phone A 6251, Marshall 920 ASTORIA Leaves 8:00 a. m., 6:30 p m., arrives 10:25 p. m.,

RANIER LOCAL Leaves 1:00 p. m., 5:45 p. m., arrives 9:40 a. m.,

LYLE-GOLDENDALE Leaves 8:20 a. m., arrives 6:00 p. m. SPOKANE EXPRESS Leaves 9:55 a. m., 7:00 p. m. arrives 8:00 a. m., 7:45 p. m COLUMBIA LOCAL

ELECTRIC LINES. OREGON ELECTRIC Salem and way points

Hillsboro and Forest Grove Green, Malachite, Col. 'They told me Arrives 7:50, 10:00, 12:05, a. m., 2:40, 4:55, 7:40 Leaves 6:40, 8:15, 10:35, 1:00, 3:15, 5:45, 8:15 11:26 9:35, I1:00 p. m UNITED RAILWAYS

Third and Stark, phone A 6591 Marshall 920 Leaving hourly from 6:15 a. m. to 5:15 p. m. 7:55 a. m. to 5:55 p. m PORTLAND RAILWAY LIGHT & POWER Alder St. station, A 6131, 6608 Main

egon City, arrives and leaves each half hour from 6:80 a. m. to midnight. Cazadero, arrives and leaves 6:55, 8:45, 10:45 a m., 12;45, 2:45, 4:45, 6:46 p. m., stopping at Troutdale, and Gresham, way points. resham, Troutdale, leaves at 7:45, 9:46, 11:45 a.

m., 1:45, 8:45, 5:45, 11:35 p. m. Vancouver, station Washington and Second. 6:15, 6:50, 7:26, 8:00, 8:35, 9:10, 9:50, 10:20, 11:50 a. m., 12:30, 1:10, 1:50, 2:30, 8:10, 8:50, 4:80, 5:10, 5:50, 6:30, 7:05, 7:40, 8:15, 9:35, 10:85