

BUSINESS AND PROFESSIONAL

One cent the word each time.

PHYSICIANS.

DR. ERNEST A. WOODS—Practice limited to eye, ear, nose and throat. Office hours, 10 to 12 and 2 to 5. Swendenburg Bldg., Ashland, Ore. 73-1t

DR. J. J. EMMENS—Physician and Surgeon. Practice limited to eye, ear, nose and throat. Glasses supplied. Oculist and aurist for S. P. R. R. Offices, M. F. and H. Bldg., Medford, Ore. Phone 567.

DRS. SAWYER & CRANDALL—OSTEOPATHIC PHYSICIANS Pioneer Building. Phone 260-R. Res. 274-J or 367-J

DR. FRANK E. MOXON has resumed practice at 125 East Main street. Office hours, 1 to 5 p. m. 267-6

TAXI.

TAXI—Acklin's—Rose Bros. Phone 213.

TRANSFER AND EXPRESS.

T. I. POWELL—GENERAL TRANSFER—Good team and motor-trucks. Good service at a reasonable price. Phone 83.

FOR PROMPT and careful service with Auto-Trucks or Horse Drays, call Whittle Transfer Co., Phone 117. Office 89 Oak street, Near Hotel Austin.

FOR SALE—REAL ESTATE.

SACRIFICE SALE—35 acres on Boulevard, 11 acres in fruit, rest in barley and alfalfa, 6 room modern bungalow. Price \$7000.00 Mrs. Dr. John Weimer, R. F. D. 1, Box 76 250-1mo*

FOR SALE OR EXCHANGE—Excellent small ranch, four room house, bearing orchard, beautiful location. City water and light. Good place for chickens, pasture land for several cows. Good returns on investment if properly handled. Can use Ashland residence in exchange or part payment. Address J. M., care Tidings. 263-1t

FOR SALE.

FOR SALE—Ford bug. 175 Meade street. 268-1

FOR SALE—Reed baby buggy, good condition. Address 176 Mechanic street. 267-3*

FOR SALE—Piano in A-1 condition. Phone 279 or 199. 265-1t

FOR SALE—One Underwood revolving duplicator, for making type-written copies, \$12.50. Cost new, \$50. One second hand bicycle, \$10. Ashland Fruit and Produce Association. 265-6

FOR SALE—Singer sewing machine in good condition. Price \$25. Inquire 540 Holly street, Ashland, Or. 263-6*

FOR SALE—March Plymouth Rock cookers, from Butler Poultry Farm; \$1.50 and \$2. Also some choice White Leghorns, \$1.50 each. Phone 68, Mrs. W. R. Yockey. 259-1t

WOOL FOR SALE—Before buying your winter's wool call up 426-Y for prices. Can contract for fine, fine, oak or manzanita. Order early and avoid the rush and high prices. 243-1-mo.*

FOR SALE—Wood. See H. S. Lynch before buying your winter's supply. Phone 12-F-22. 241-1mo.*

BUILDING MATERIAL—Medford Cement Brick and Block Works, specialize in all kinds of building products. Corner Fir and 10th street. 225-1t

HELP WANTED.

WANTED—Good woman to help in the kitchen. Mrs. Heer's bakery, North Main street. 267-3

WANTED.

WANTED—Ten wood cutters, wood close to town. Inquire J. M. Burns, 84 Garfield. 268-2*

WANTED—To rent 5 room furnished house or bungalow. Tel. 447-Y. 264-6*

BOARDERS WANTED—1 week or single meals served at meal hours. Hotel Bell, 4th St. 251-1mo*

FOR EXCHANGE.

FOR SALE OR TRADE—Seven acre place with four room modern house, three acres fruit in bearing. Can use Ashland residence in full or part payment. Address A. G., care Tidings. 263-1t

LOST.

LOST—Last Sunday, between Ashland and Green Springs mountains, one sack containing four pairs of shoes and clothing. Finder return to 150 Sixth street. 266-6*

NOTICE, WOODMEN.

Bids will be received at the Tidings office, for delivery to this office of fifteen cords of body fir wood, cut from green trees, four foot length. Bids will be opened July 30, at 5 o'clock.

Delivery to be made at any time between now and October 1. Cash payment on completion of delivery. A deposit of \$10 will be required the successful bidder as a guarantee that the wood will be delivered as contracted. Address bids in writing to the Ashland Tidings, Ashland, Or. 268-1t

CHICHESTER'S PILLS THE DIAMOND BRAND. Sold by druggists everywhere.

C. B. LAMKIN BARGAINS IN Real Estate City and Ranch Properties Houses to Rent CITIZENS BANK BUILDING



Domestic Science Department

Conducted by Mrs. Belle De Graf Domestic Science Director Sperry Flour Co.

The picnic luncheon affords an opportunity for much thought and display in one's ability to prepare an appetizing cold meal. The fact that the food must be in such form that it may be easily carried limits the variety.

Sandwiches play the most important part on the picnic menu. Everyone is hungry, and while fruit is refreshing and sweets are relished, after all it is the sandwich which makes the lunch, and there should be several varieties.

Bread is better which is a day old. The dark breads, such as graham, rye, Boston brown bread, and the various nut breads made with baking powder, all offer variety. Always cream butter well before putting upon the bread. It will spread evenly and there will be no waste. It is easier to spread butter on the bread before cutting each slice. Cut bread fairly thin and try to put the slices together in pairs if the filling is not added at once. If sandwiches are to be cut in various fancy shapes, do not butter the bread until after it has been cut or there will be a waste of butter. Wrap sandwiches in waxed paper or wrap a napkin out of hot water and wrap around the prepared sandwiches; then pack in a box closely covered and keep in as cool a place as possible. If the crusts of bread are to be removed, set aside and later dry them out in a moderate oven, roll and put in covered jars to be used for breading croquets, fish, etc., or for scalloped dishes. To make rolled sandwiches, remove all the crust from a fresh loaf of white bread and wrap the loaf in a damp cloth for several hours, keeping in a cool place.

Lengthwise Manner of Slicing Best Cut in thin slices lengthwise, spread with creamed butter and whatever filling desired and roll as for a jelly roll, fastening together with a toothpick. If the loaf of bread is large, one slice will make two sandwich rolls. Wrap it in a waxed paper. If sliced cooked meat is to be used as a filling it should be very tender and be sliced as thin as possible, and then each slice of meat should be cut in several pieces. However, finely chopped meat is the best, put through a food chopper or chopped in a chopping bowl. All meat sandwich fillings should be well seasoned. For corned beef use prepared mustard, for roast beef either Worcestershire sauce or horseradish; for tongue, a thick mayonnaise and finely chopped pickles; for mutton or lamb, add tomato catsup and chopped capers; for chopped ham, a thick mayonnaise well seasoned with mustard.

The different relishes make excellent seasoning for meat sandwiches. Picnic, chow chow, chopped olives, walnut catsup, etc., all add flavor and variety. For salad sandwiches make a very thick well-seasoned mayonnaise and have the salad ingredients cut fine. Lettuce should be very crisp and each leaf well dried, before placing on the bread. Relishes such as olives, pickles, radishes, celery or salted nuts are very easy to carry. Sweets may be provided in cake, cookies, doughnuts or sweet sandwiches.

Prepared Coffee Solves a Problem. Coffee is easily managed by using the powdered, prepared type, which needs only hot water to make. Sugar and a can of evaporated cream are also easily carried. If lemonade is to be used, extract the lemon juice, make a syrup of the sugar and water, allowing one quarter cup of sugar for each lemon and enough hot water to dissolve it; boil one minute, add lemon juice and bottle; add cold water when wanted. Never pack fish sandwiches near other food, and be sure each article of food is well wrapped or packed so that it will not come in contact with other foods.

Much of the success of the picnic lunch depends upon the appearance of the food, so careful packing is a necessity.

Olive Sandwich Filling Chop olives, mix with enough thick mayonnaise to make a paste, then spread on bread. Lettuce leaf may also be added.

Bacon Sandwich Filling Have bacon cut very thin, cook until crisp and put between slices of buttered bread while still warm. Wrap in waxed paper.

Savory Ham Filling One cup finely chopped ham, one-third cup thick mayonnaise, two sour pickles, finely chopped.

Egg Sandwich Filling Chop the egg whites and put yolks through a sieve, combine and add thick mayonnaise to make a paste. Chopped olives may be added.

Pimento and Cheese One small Neuchatel or breakfast cheese, one pimento, chopped. Moistened with thick mayonnaise.

Noisette Sandwiches Use nut bread, spread with cream cheese and butter, beaten together until soft enough to spread. Cover with orange marmalade, then place plain slice of bread on top. Cut in triangles.

Sandwich Bread One and a half cups flour, two cups graham flour, one half cup cornmeal, one half cup brown sugar, two teaspoons baking powder, one teaspoon soda, one teaspoon salt, one half cup chopped walnuts, one cup seedless raisins, one half cup molasses, two cups sour milk or buttermilk. Mix and sift dry ingredients, but do not discard bran from graham flour which will not go through the sieve. Add remainder of materials in order named. Put into two small well greased bread pans, allow to stand fifteen minutes, then bake about forty minutes in a moderate oven.

California Sandwiches Equal quantities of chopped seeded raisins and walnuts. Flavor with a little lemon juice. Spread on graham bread.

Prune Bread One cup yellow cornmeal, two cups graham flour, one teaspoon salt, one fourth teaspoon soda, two teaspoons baking powder, two tablespoons brown sugar, one half cup New Orleans molasses, one cup chopped uncooked prunes, one cup milk. Mix dry ingredients, add prunes, molasses and milk. Pour into two well greased covered molds. Steam about one hour, keeping the water boiling constantly.

Boston Brown Bread One cup graham flour, one cup

cornmeal, one cup rye flour or meal, one teaspoon salt, one teaspoon baking powder, one teaspoon soda, three fourth cup molasses, two cups of sour milk or one and three fourths cup of sweet milk.

Sift dry ingredients, add molasses and milk. Put in two well greased molds with tight covers and steam one and one half hours, keeping the water constantly at boiling point.

One cup of seedless raisins may be added.

Rolls Out Macaroons One cup sugar, two eggs, one tablespoon melted butter, one cup chopped dates or raisins, two cups rolled oats, one teaspoon vanilla. Beat eggs well without separating. Add sugar gradually until very creamy, then add butter, flavoring, chopped fruit and rolled oats. Drop with teaspoon on well greased cookie pan and bake in a moderate oven until golden brown.

Rolls Out Cookies One half cup shortening, one cup sugar, granulated or brown, one egg, one third cup milk, one and one half cups rolled oats, one half cup chopped raisins, one half cup chopped walnuts, one and one half cups flour, one half teaspoon salt, one half teaspoon soda, one teaspoon cinnamon, one teaspoon nutmeg, one teaspoon ginger. Cream shortening well; add gradually while beating constantly, sugar. Then add egg, well beaten, milk, rolled oats, raisins and chopped nuts. Mix and sift dry ingredients and add to the first mixture. Drop from tip of spoon on a well greased pan, about three inches apart, and bake in a moderate oven about fifteen minutes.

La Pine is to have a public campground.

FISK TIRES give tire mileage at the lowest cost in history 30 x 3 1/2 NON-SKID RED-TOP CORD \$15.00 \$22.00 \$27.50 Reduction on all styles and sizes A New Low Price on a Known and Honest Product

11 ONE-ELEVEN Cigarettes The best cigarette in the world - for you is the one that suits your taste. Maybe it's ONE-ELEVEN. Just buy a package and find out. 20 cigarettes 15c

The First National Bank ASHLAND, OREGON THE MIDDLE PATH The miser is not pleasing to contentment; the spendthrift not much more so. But there is a middle path between selfish hoarding and reckless waste.

As Interesting As Your Every-day Mail THE advertisements in the Tidings were written to you. It is impossible for most merchants and manufacturers to send you a personal letter about their goods, their wares and their services. So they pay us for the privilege of calling these things to your attention in our advertising columns. If they did not know that a certain proportion of our readers would be vitally interested in their message, they could not afford to advertise. It would be a losing proposition. Read the advertisements as you would a personal letter. Many of them are just as important—and just as interesting. They will help you to economize and to keep posted on store news of real interest to you and your pocketbook. Don't lay aside this newspaper without reading the advertisements. They are personal messages for you

We sell Brick Ice Cream CHOCOLATE VANILLA STRAWBERRY MAPLE NUT Ashland Creamery

ATTRACTIVE Fall Woolens FALL STYLES and FALL PRICES Have arrived at ORRES Tailors for men and women You are invited for a look

SHOO FLY Spray your animals with Shoo Fly and keep the flies away. ICELESS COOLERS Use Iceless Cooler and make it pay for itself in a year in ice bills.

Peil's Corner Don't Expose Your Property to Loss If you were carrying \$5,000 or more of cash in your car you'd want to have it insured.

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THE CITIZENS BANK OF ASHLAND A HIGH STANDARD of banking service is at all times maintained by THE CITIZENS BANK OF ASHLAND, assuring a banking connection that is eminently satisfactory. Accounts cordially invited.