

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.

Many persons object to seasoning meat before it is cooked. Try the following rules and you will be satisfied that when the seasoning is added properly it makes a great improvement.

A steak will not be real juicy unless it be cut thick. An inch is as thin as it should ever be cut.

Before any of these meats are cooked they should be seasoned generously with salt and pepper. They also should be dredged lightly with flour.

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AN ELEPHANT RIDE.

Ex-Mayor Harrison, of Chicago, Had 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.

Here we found one of the Rajah's huge elephants, of which he has eight, which was to carry us over the steep pass.

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Of all thieves fools are the worst; they rob you of time and patience.

TWO WAYS. CHOOSE WHICH! There are two usual ways of doing what Nature sometimes does incompletely, namely, to relieve the bowels.

There is not a moment about some duty. Dear Bell, I'll write you a short letter to say I'm wonderfully better.

Consumption, Wasting Diseases, and General Debility. Doctors disagree as to the relative value of Cod Liver Oil and Hypophosphites.

WHY do we BECAUSE of the world have to this effect.

There is no stand-still in disease. You are either growing better or worse. How is it with you?

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

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The use of steel castings is becoming so extended in England as to alarm the iron-fund, who see their prospects for work slipping away from them.

THE FLYING DOVE OF PEACE. A richly frosted quivering flying Dove. A Dream of Life serene and calm.

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?

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THE RAWSON LIGHT RUNNING REAPERS AND MOWERS. THE LINDGREN CHEMICAL FIRE ENGINES.

Do you want a THRESHER, HORSE-POWER OF 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.

THE J. I. CASE PORTABLE TRACTION ENGINES have been in general use in Oregon and Washington for years and of better material than any other engines made.

STAYER & WALKER, General Agents, Portland, Or.

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