



CAN OREGON REPEAT?

The vaults of the U. S. Treasury again need refilling. Ever increasing expenditures necessary to hasten the end of the War, the Keeping-up and Backing-up of "Our Boys," the Sustaining of the Allied Nations and their Peoples, the Perpetuation of Democracy and Destruction of Autocracy—require the unstinted sacrifice—the DO YOUR BEST, NOT SIMPLY "RIT," of every true American.

The Eve of the 4th Liberty Loan is here. FIRST in every patriotic endeavor. OREGON

cannot, will not, shall not falter NOW. With more to work for, more to give for, more to sacrifice for—every true Oregonian will make it his duty to see that Oregon DOES REPEAT—by going over the top FIRST once again.

While the campaign does not officially start until September 23rd, we will so voluntarily pledge our subscriptions and anticipate our quotas that in this town, this county and this state IT WILL BE OVER WHEN IT'S OPENED!

FOURTH LIBERTY LOAN CAMPAIGN

How to Can Without Sugar

The following instructions for the assistance of Oregon housewives in canning fruits, vegetables and fish, have been prepared by Miss Edna Groves, superintendent of domestic science and home economics in the Portland public schools.

By careful attention to Miss Grove's formulas the canning can be done with the minimum of sugar which is very important.

Food conditions are bringing many new problems to the housewife. The shortage of sugar should not lessen the canning of fruit, since it is possible to preserve without sugar. Boiling water may be substituted for the usual sugar syrup in canning fruits. The sugar can be added as the fruit is opened.

Karo corn syrup has proven a successful substitute for sugar. Jellies, jams or fruits will have a slightly different flavor and be a little less sweet if preserved with karo but will retain the fresh flavor of the fruit. In using karo syrup as a substitute for sugar, an equal measure of karo should be used or one may use half karo and half sugar. All jams and preserves may be made by using three fourths or less of the measure of fruit in karo or mixed sugar and karo. In using karo for jellies, it is necessary to cook the mixture longer. It should "sheet off" the spoon when tested. The juices for jellies may be sealed (very hot and in heated containers) without adding any sugar and the jelly may be made from this as needed for the winter, by adding the usual amount of sugar, which will then be more plentiful.

The cold pack method of canning fruits and vegetables has proven successful and the housewife will find it an easier, safer method than

the open kettle. Great care should be exercised in the selection of jars, rubbers and lids. See that there are no nicks on the edges of the jars and that lids fit and are in good condition. It is unsafe to use old and doubtful rubbers. The wash boiler, with a wooden rack in the bottom makes a good canning outfit for the cold pack method.

A very thin syrup for canning may be made by using one cup of karo or one cup of sugar to three cups of water, and boiling for five minutes. One cup of karo to two cups of water makes a syrup with a little more body, or one may use half the amount of the sweetening in karo, the other half in sugar.

Blanching is an important step in the cold pack method of canning. It is used for vegetables and hard fruits. After the fruit or vegetable is prepared for canning, place it in a colander or square of cheesecloth, and submerge in a kettle of rapidly boiling water for the desired length of time (see table below) and then plunge in cold water again, then proceed according to directions below.

Recipes for canning fruits: Select firm, ripe fruit. Pare, blanch and pack in jars. Cover with syrup or boiling water and place rubbers and caps in position. Do not tighten jar lid. If Mason jars are used, screw the cover on until it catches, but is not tight. If the wide top self sealing jars are used, follow the directions that are given with the same, leaving the lids loose so that steam may escape. Proceed desired length of time as in table below, remove the boiling water, tighten the lids, and if Mason jars, invert to cool. In boiling the fruit, the water should cover the jar, and come even with the tops, and the time of sterilization should be counted from when the water begins to boil around the jar.

The canner should have a tight

cover to keep the heat and steam in.

TIME TABLE FOR CANNING.

| Food | Blanching | Sterilization |
|---------------|--------------|---------------|
| Beans, string | 5 to 10 min. | 3 hrs. |
| Beets | 6 to 10 min. | 2 hrs. |
| Carrots | 6 to 10 min. | 1½ hrs. |
| Corn | 5 to 10 min. | 3 hrs. |
| Meats | | 5 hrs. |

| | | |
|--------------|-------------|---------|
| Tomatoes | 1 to 2 min. | 22 min. |
| Blackberries | | 16 min. |
| Fruit juices | | 20 min. |
| Grapes-plums | | 16 min. |
| Peaches | 1 to 2 min. | 16 min. |
| Pears | 1 to 2 min. | 20 min. |
| Fish | | 3 hours |

Potato sacks for Sale. A. N. Halleck.

Notice of Sheriff's Sale

In the Circuit Court of the State of Oregon for Polk County.

Walter W. Wells and Mary Alice Wells, Plaintiffs, vs.

C. W. Leonard as the administrator of the estate of D. W. Harvie, deceased, C. W. Leonard, F. W. Sloan and Blanche Sloan, his wife, Mrs. A. E. Harvie and David Harrison Harvie, Defendants.

Notice is hereby given that by virtue of an execution in foreclosure issued out of and under the seal of the above entitled Court in the above entitled suit, to me duly directed and dated the 5th day of August, 1918, upon a judgment and decree rendered and entered in said court in said entitled suit on the 29 day of July, 1918, in favor of said plaintiffs, and against said defendants, for the sum of \$1500.00 with interest thereon from December 1st 1913, at the rate of 8 per cent per annum until paid, for \$100.00 attorney's fee, and for \$25.00 costs and disbursements of said suit, and the costs of and upon said writ, subject however, to the rights and equities of the defendant, C. W. Leonard, commanding me to make sale of the following described real property, situate in Polk County, State of Oregon, to-wit:

Beginning at a point which is 19.61 chains South 89 deg. 27 min. West of the S. E. corner of the Wm. Meyer's D. L. C. No. 61 in Township 8 S. R. 4 West of the Willamette Meridian in Polk County, Oregon, running thence North 89 deg. 27 min. East 12.25 chains; thence South 12.25 chains; thence West 12.25 chains; thence North 12.25 chains to the place of beginning, containing 15 acres, more or less.

Now, therefore, by virtue of said execution, judgment, order and decree, and in compliance with the

commands of said writ, I will, on Saturday the 7th day of September, 1918, at the hour of one o'clock P. M. thereof, at the front door of the County Court House in the City of Dallas, Polk County, Oregon, sell at public auction, subject to redemption, to the highest bidder for U. S. Gold Coin, cash in hand, all the right, title, interest and estate which said defendants or either of them, had on the date of the mortgages herein or since had in or to the above described real property or any part thereof, to satisfy said execution, judgment, order, decree, interest, costs, taxes, and all accruing costs. That defendant, C. W. Leonard has paid all taxes on said real property.

Dated at Dallas, Oregon, the 7th day of August, 1918.

JOHN W. ORR,
Sheriff of Polk County, Oregon.
SWOPE & SWOPE, Attorneys.

Remove

Impurities from your body as you would dirt from your home.

Constipation is the cause of much disease.

Keep your system clean by using

Dr. Miles Liver Pills

Safe—Mild—Sure

Highly recommended for Torpid Liver, Biliousness, Constipation and Indigestion.

SOLD BY ALL DRUGGISTS

MILES MEDICAL CO., Elkhart, Ind.

Corn Harvesters Gasoline Engines Silo Fillers

See us and get fitted up for your Fall work

MONMOUTH HARDWARE CO.