

SLEEPING APART.

A Great Mistake Made By Married People.

Albany Herald.

Married people sustain the monogamic relations, especially make a great mistake in allowing themselves to sleep together. This practice, in a measure, leads to uncongeniality. From five to eight hours' bodily contact every 24 with one person not only causes an equalization of those magnetic elements which, when diverse in quantity and quality, produce physical attraction and passionate love, but it promotes permanent uncongeniality by making the married pair grow alike physically. The interchange of individual electricities and the absorption of each others exhalations lead directly to temperamental inadaptation, and to this cause may doubtless be ascribed one of the chief reasons why a husband and wife manifest such a tendency to grow alike after many years of companionship. There is nothing that will so derange the nervous system of a person who is eliminative in nervous force as to lie in bed all night with another person who is absorbent in nervous force. The world is overrun with afflicted people from the effects of nervous exhaustion and physical decay. To such Dr. Darrin invites them to try his electric treatment, so successfully applied to thousands of our citizens who have languished in the throes of disease and now enjoy the blessings of health and happiness.

Enterprise Recipes

Prepared by J. George Stoll, the Baker.

BREAKFAST.

- 1 Fried Chicken, Maryland Style.
- 2 Spanish Omelet. Corn Fritters.
- Boiled Potatoes. 3 Croquettes with Maderia.

Hot Rolls. Coffee

LUNCH.

- 4 Causomme with Tapioca.
- 5 Baked Rabbit Pie. Roast Mutton. Baked Potatoes.
- 6 Florentine Charlotte. 7 Geneva Pudding.

Tea.

DINNER.

- 8 Boiled Beef, Horseradish Sauce. Oyster Soup. Veal Cutlets.
 - 9 Minced Ham with Scrambled Eggs. Mashed Potatoes. Stewed Corn. Celery Salad.
 - Raspberry Tart. 10 Cup Custard. 11 Almond Jelly. Coffee.
- 1 Cut your chicken in proportion and season, put in egg and cracker meal, try slowly in hot lard or butter; you may put in oven to finish; young chicken is the best to use. Corn fritters or green peas are the best to serve with.
- 2 To 12 eggs add 1 small cup milk and salt and pepper; have ready on fire 1 small fine cut onion; fry brown in lard; add about 1 pint of tomatoes, leave boil together; put your eggs in hot pan, well larded, shake well, add your tomatoes and onions as you close half over; leave brown; serve on hot dish.
- 3 Crautes means fried bread or cake, cake being used most; cut in any shape, put on saucers, garnish

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with dried fruit, cherries, raisins citron or any fruit you may like Sauce over with syrup, flavored with maderia.

4 Soak your pearl tapioca over night in water; leave boil in plenty of water next morning about half hour, strain and add to your caousmine.

5 Cut 1 rabbit in small pieces, put in frying pan with one large spoon butter, leave braise well in hot oven, put on fire, add 1 large spoonful of flour, stir well; add enough water to make a heavy

sauce, add about 3 boiled potatoes, cut up small, leave all boil together, season well with a little vinegar and whole cloves, put in pie dish, you may sprinkle some cut up hard boiled eggs over the top before covering, cover and bake.

6 Make the same preparation as for charlotte russe and flavor the whipped cream with greated orange peel, plenty of juice, a little lemon juice, add a good flavor. You can use orange ice by adding enough whipped cream to make it about half and half.

7 The same as rice pudding, only use half rice and half apple, few currants and cinnamon.

8 Use some beet to your choice for boiling, boil until done, strain; save broth for same; put on fire in frying pan 1 spoonful butter; leave brown, add the same of flour, stir well and add gradually enough broth to make a heavy sauce, season and add enough horseradish to suit your taste, leave boil together and serve over beef.

9 Chop or mince half pound ham, put on fire, leave fry in lard, add 6 eggs, a cup of milk; season, stir well, leave fry together, serve hot.

10 1 qt milk, 6 eggs, 1 cup sugar, little nutmeg, salt, bake in a pan filled with water.

11 1 qt water, 1 cup sugar, 2 oz. gelatine, put on fire and boil, strain through flannel cloth and flavor with almond extract.

HINTS IN THE KITCHEN.—In steaming potatoes, put a cloth over them before putting the lid on. They will take less time to cook and be much more mealy than when done in the ordinary way.

To clean water bottles, decanters and glass jugs, cut a lemon into small pieces, put in the article to be cleaned and shake with a little water for one minute, and it will become as clear as crystal.

To fry eggs in any way use lard, as butter makes them stick to the pan.

Old Mission Pictures

Full Set Free

To Readers of the

"Chronicle"

THE SAN FRANCISCO "CHRONICLE" has arranged for the reproduction of a series of pictures of the OLD MISSIONS OF CALIFORNIA, to be given away FREE to readers of the Sunday edition.

These are not common pictures; they are masterpieces of art and workmanship, prepared with great care and expense, vividly portraying, from the best view points, the interesting features of these famous and historical old structures now fast falling away.

Those of you who are lucky enough to get them will have a set of art works that cannot be procured elsewhere. Gems, each and every one, with a little historical inscription about their romances.

THE FIRST ONE

A picture of MISSION SAN DIEGO de ALCALA will be given with THE SUNDAY CHRONICLE, July 5th, and on each consecutive Sunday thereafter, one will be given until the series is complete.

REMEMBER THEY ARE FREE

ENTIRELY FREE with the "CHRONICLE'S" GREAT SUNDAY EDITION, 5 cents a copy at your newsdealer.

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Postage Prepaid
DAILY and SUNDAY CHRONICLE 75 Cents a Month
DAILY and SUNDAY CHRONICLE \$8.00 a Year
SUNDAY CHRONICLE \$2.50 a Year

ALL POSTMASTERS TAKE ORDERS

Administrator's Appointment.

Notice is hereby given that I, J. S. Michell, have been duly appointed administrator of the estate of Adella Michell, deceased, by the county court of Polk county, Oregon. All persons having claims against the same are required to present the same duly made out and sworn to at the law office of Butler & Coad, in Dallas, Polk county, Oregon, within six months from date hereof. Dated July 23rd, 1903.

J. S. MICHELL,
Adm'r. estate Adella Michell, dec'd.

Reduced Excursion Rates to the Seaside and Mountain Resorts for the Summer.

The Southern Pacific Company has placed on sale at very low rates round-trip tickets to the various resorts along its lines, and also in connection with the Corvallis & Eastern Railroad to Detroit and the seaside at Yaquina Bay, latter tickets good for return until October 10th.

Three-day tickets to Yaquina Bay, good going Saturdays, returning Mondays, are on sale at greatly reduced rates from all points Eugene and north on both east and west side lines, enabling people to spend Sunday at the seaside. Very low round trip rates are also made between Portland and same points on the Southern Pacific, good going Saturdays, returning Sunday or Monday, allowing Portland people to spend Sunday in the country and the out-of-town people to have the day in Portland.

Tickets from Portland to Yaquina Bay good for return via Albany

Gray Hair

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and east side, or Corvallis and west side, at option of passenger. Baggage checked through to Newport. A new feature at Newport this year will be an up-to-date Kindergarten in charge of an experienced Chicago teacher.

A beautifully illustrated booklet describing the seaside resorts on Yaquina Bay has been published by the Southern Pacific and Corvallis & Eastern Railroads and can be secured from any of their agents, or by addressing W. E. Coman, G. P. A., S. P. Co., of Portland, or Edwin Stone, manager C. & E. R. R., Albany, Oregon.

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MOTOR LINE TIME TABLE. INDEPENDENCE & MONMOUTH RAILWAY CO.

Leaves Independence for Monmouth and Astoria	7:30 a. m.	8:30 p. m.
Leaves Independence for Monmouth and Dallas	11:30 a. m.	6:15 p. m.
Leaves Monmouth for Astoria	7:30 a. m.	8:30 p. m.
Leaves Monmouth for Dallas	11:30 a. m.	6:30 p. m.
Leaves Astoria for Independence	9:15 a. m.	8:00 p. m.
Leaves Dallas for Independence	1:30 p. m.	7:30 p. m.
Leaves Monmouth for Independence	9:15 a. m.	8:00 p. m.
Leaves Independence for Monmouth	9:15 a. m.	8:00 p. m.

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DEPART FOR	TIME SCHEDULE FROM PORTLAND	ARRIVE
Chicago	Salt Lake, Denver, Portland Ft Worth, Omaha, Special Kansas City, St. 4:30 p. m. via Louis, Chicago and Hunting-East.	ton.
Atlantic	Salt Lake, Denver, Express Ft Worth, Omaha, 8:15 p. m. via Kansas City, St. 10:20 a. m. via Louis, Chicago and Hunting-East.	

St Paul	Walla Walla, Lewiston, Spokane, Walla, Pullman, 7:30 a. m. via Minneapolis, St Paul, Duluth, Milwaukee, Chicago and East.
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70 hours. Portland to Chicago, change of cars. Tickets East via rail or via boat and rail via Portland.

OCEAN AND RIVER SCHEDULE FROM PORTLAND.

8 p. m.	All sailing dates subject to change. For San Francisco sail every 5 days.	4 p. m.
Daily except Sunday	COLUMBIA RIVER	
8 p. m.	To Astoria and way landings.	4 p. m.
Saturday 10 p. m.		Et. S.

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