

INSTEAD OF MEAT

SOME SUBSTITUTES FOR THE HIGHEST-PRICED FOOD.

Expert Gives Advice That Is Well Worth Following at This Time When Provisions Are Generally at a High Figure.

(By MISS BAB BELL, Missouri College of Agriculture.)

The high meat bill is a great cause of the high cost of living. Many people believe that meats are absolutely necessary, and they do have the advantage of having a good flavor and being very easily and quickly cooked, but many of us would have bigger pocket-books and better health if we spent for meat only a sixth instead of a third of what we pay for food. One of the members of the home economics faculty of the University of Missouri goes home to the farm every summer, where her father and brothers are doing plenty of hard outdoor work. She gives her mother a vacation, takes charge in the kitchen herself and feeds the household to a large extent on meat substitutes, which they seem to find well adapted to their needs.

Fish is not as good a meat substitute as many people believe. For while it seems less heavy, it is not less likely to form objectionable acids, but milk, milk products and eggs are good things to use instead of so much meat. A quart of milk or eight or nine eggs has about as high a food value as a pound of the best steak, but on most markets will cost much less. Other wholesome dishes which should be used to take the place of meat are soups, cottage cheese, cream sauces, variously flavored puddings made of milk and cereal of different kinds, and countless other economical, nutritious, easily digested dishes which any good housewife knows how to prepare.

Boiled eggs cooked in water below the boiling point are not as hard to digest as many people believe, but if cooked in very hot water they are more likely to be leathery and hard to digest. Fried eggs are also more digestible if cooked slowly.

Nuts are becoming more popular as meat substitutes, although many kinds of nuts are not cheaper than meat if bought on the market at present prices. On many farms, however, it is merely a matter of picking up hickory nuts, hazelnuts or walnuts, instead of letting the hogs get them, and on a great many others it is a very easy matter to raise peanuts enough for the family and have plenty to fatten a few hogs.

Those who wish to try some meat substitute dishes can secure directions for making them by writing to the Missouri college of agriculture at Columbia. We include here two tried at the college:

Cottage Cheese—Use sour milk that has set. Warm it slowly in a double boiler, if one is at hand, until the whey separates from the curd. Then strain through cheesecloth; chop fine, mix with milk or cream and season to taste. Be careful not to heat too long or too hot before straining, or the curd will be tough.

Creamed Fish in Rice Cases—Line a buttered mold about a quarter of an inch thick with boiled rice. Fill with chopped or boned salmon or other fish, to which thick white sauce has been added. Brown slightly in the oven, turn from the mold and serve.

The Sanitary Kitchen Shelf.

Rip the oilcloth and the perforated paper off the kitchen shelves and paint them if you value cleanliness and health. Water bugs and roaches and ants make the coolest homes in the warm corners of covered shelves, while they find odorless, freshly painted shelves far too cheerless for domestic purposes. By the time the paint is dry the prospective tenants will have settled elsewhere. And recollect the saving in paper, bug powder and time in cleaning.

Grapefruit Cocktail.

Pare grapefruit, being sure to remove all the white portion. Cut fruit in sections, then crosswise in pieces. Sweeten with sugar. Add an equal amount of oranges cut in same size pieces. Cut a slice from the top of six bell peppers and remove seeds and partitions from inside. Fill with orange and grapefruit.

Fricasseeed Veal.

Try this sometime for a cheap dish: Three pounds veal cut in small pieces. Boil till tender. Fry two or three slices salt pork till fat is all out, and put in veal and broth. Add butter, salt and pepper. Let it boil, then take out meat and thicken gravy. Pour over the meat.

Carrots and Peas Creamed.

Scrub and cut into dice enough carrots to make a pint. Let stand in cold water for half an hour. Drain and cook in an uncovered kettle of boiling water until carrots are tender. (Old carrots require about one-quarter of an hour.) Add a pint of peas and a pint of cream sauce.

When Cooking Greens.

When greens are cooked, add a tiny pinch of baking soda to the first water in which they are parboiled for five minutes. Drain this water off and replace it with fresh water for the final cooking.

Yellowness in Clothes.

Three things will cause white clothes to yellow—the iron in the water, a too free use of soda, or improper rinsing.

KEEPING HORSE'S NECK WELL

Much May Be Done to Prevent Sore Shoulders by Good Fitting Collar and Hames.

A good collar, fitting the horse's neck, and hames adjusted to fit the collar without too great down and side draft will do much to prevent sore shoulders, says Dr. M. H. Reynolds, veterinarian at the Minnesota college of agriculture. Sore shoulders can be prevented easily by a little care at the right time.

"Collars must be kept clean to avoid sores. Many cases of sore neck are caused also by loose hames sawing back and forth until the top of the shoulder is raw.

"Some horses have abnormally shaped shoulders. In this case, the agricultural college veterinarian suggests Dr. J. C. Currier's plan of soaking the collar a day or two in water just before it is used on the horse. While soft from soaking, the collar will adjust itself to the horse's shoulders.

"Prevention," he says, "is easier than cure," but there are several simple remedies recommended. "White lead ground in oil is good. Stove blacking is a useful remedy. It forms a smooth surface over the sore, thus preventing chafing, and has mildly astringent properties."

BIRDS CHECK ALFALFA PEST

Investigations by Experts Develop Fact That Meadow Lark Devours Many Harmful Insects.

(By E. R. KALMBACH.)

The western meadow lark is a familiar bird of the Great Basin, and judging from early records is becoming more numerous in this section as time goes on. Being a resident the year around, it is a common visitor to alfalfa fields as soon as snow leaves.

During a series of careful tests 27 of these birds were collected in April, and the weevil, which was found to comprise one-sixth of their food, was present in all but seven. One bird had taken 75 adults, another 60, and three others 51, 48 and 33 respectively.

Other animal food is important, as the largest single item was caterpillars, amounting to nearly 22 per cent. Ground beetles amounted to about one-eighth of the food.

Examinations show that, at least from April to July, this bird is not a



Western Meadow Lark.

menace to grain, in the districts where the experiments were made. On the other hand, its being a resident the year around makes it a valuable asset as a destroyer of hibernating insects, especially the alfalfa weevil. Without doubt, the meadow lark should receive the fullest protection.

PORTABLE CRIB IS FAVORED

Great Convenience in Feeding Hogs in Distant Fields—Save Feeder Many Extra Steps.

Portable corncribs holding from 100 to 200 bushels are a great convenience in the summer feeding of hogs, especially when the animals are being kept in a distant field. Even when they are fed in yards, the portable cribs will save the feeder many steps.

If the cribs are built on skids, the feeding may be distributed in summer so as to keep the feeding lots more wholesome and the manure better distributed. Many farmers use a wagon, but when left standing out in all kinds of weather, the wagon box soon goes to pieces. A portable crib costs little and will answer the purpose better than a wagon. The crib should be constructed of light yet strong material.

WHY SHEEP SHOULD BE KEPT

Animals Consume Waste Products Around Farm—Clean Up Everything in Good Form.

Sheep should be kept to consume the waste products. On every farm these abound not only in the form of weeds but in the form of grasses of various kinds. These are found numerous in the grain fields after the grain has been reaped. They are found in the highways beside the farms, and they are found along fence borders wherever they may be the build of these. The sheep that are given access to these will virtually clean up everything and in good form. The food thus eaten would otherwise be wasted, at least it would in large measure.

RAISING TOMATO CROP

Important That Large Stalky Plants Be Used.

Well-Prepared, Fertile Soil Is Necessary and Transplant in Such Manner as to Insure Minimum Check in Growth.

(By N. EDGERTON, Michigan.)

The tomato is essentially a seed bed plant. To secure a long period of ripening the seed must be sown in forcing beds several weeks in advance of the time, when it may safely be set in the open field. Our rule is from eight to ten weeks.

To secure profitable crops in the northern latitudes it is essential that large stalky plants be used and that they be set in a well-prepared, fertile



Plant Trained to Three Stems.

soil, the transplanting being done in such a manner as to insure the minimum check in growth.

Two or three transplantings while in plant beds are essential to secure short, strong, stalky plants with a compact, fibrous root system.

In transplanting we move a chunk of earth about four inches square with each plant. We make rows three and a half or four feet apart and space the plants 16 to 18 inches in the row.

Each plant is confined to a single branch and trained to a stake. Strong twine is used to secure the plant to the stake, one such support being used just below each cluster.

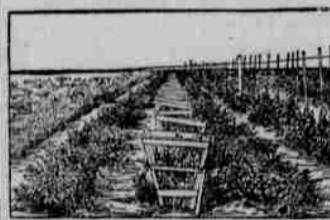
The string is first made secure to the stake, a single knot will usually answer and then the stalk inclosed, a double knot being necessary in this case. Ample allowance should be made for subsequent growth of stalks.

A lateral will appear at each leaf joint and these must be removed at once in order that the entire strength of the plant be directed into the growing of the single stalk and the development of the fruit cluster thereon.

In our own experience we have found that this method of culture has decided advantage over other methods. First, a gain is made in securing early maturity of fruits; second, the fruit is larger and finer in quality.

While there are not so many individual fruits as where permitted to branch freely, there is a gain in size and a very decided gain in the number of perfect specimens.

The fruit being held suspended, the influence of the sun's rays reaches every portion of its surface, resulting in higher and more perfect coloring



Training Plants by Use of Frames.

than is ever secured when the fruit comes in contact with the ground or its mulched surface.

Furthermore, air and sunlight have free access to every portion of leaf surface, promoting activity in cellular tissues and health in these tissues as well. We found that grown by this method there is scarcely any inclination toward rotting in the fruit.

To secure the greatest benefit from this method through earlier maturing fruit it is essential that the plants be extra large and strong.

PROTECT TOOLS FROM RUST

Mixture of Lard and Common Resin Is Recommended—Apply Thin Coating to Surface.

It is a hard matter to keep the tools that have been laid away for the winter from rusting, and any remedy ought to be welcomed by the farmer. The following has been recommended, and there does not seem to be any reason why it should not do the work:

Take a quantity of good lard, add about two ounces of common resin, melt them slowly together, stirring as they cool. This may be applied with a brush or a cloth, just enough to give a thin coating to the metal surface to be protected.



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Slightly Twisted. Everything was in readiness. The groom, best man and the minister were gathered in the vestry. The organist began to play and the minister started for the door. "Wait one moment, doctor," called the nervous groom. "Is it the right or left hand the ring goes on?" "The left," hurriedly replied the minister. "And, doctor, is—it is customary to cuss the bride?"—Utica Herald.

Heredity. Newpop (anxiously)—Is it a boy or a girl? Nurse—It's three of 'em, sir—three fine boys. Newpop—Great Scott! This comes from marrying a girl whose father is in the wholesale line.—Boston Transcript.

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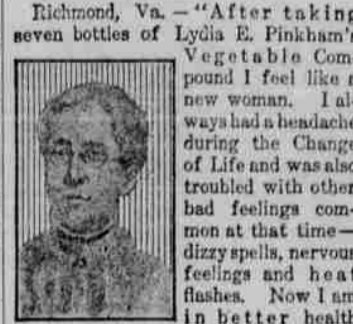
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Possible Reason. "I wonder why they built that Chinese wall." "Sort of a compromise, I presume. I judge there was a strong disarmament party in those days."—Louisville Courier-Journal.

Appraised. Wife—How does my new spring hat look, Tom? Hub—Um! It looks to me like two weeks' salary!—Boston Transcript.

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.



Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2312 E. O Street, Richmond, Va. While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound. Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dizziness, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness. For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.

Kitchener's Work for the Empire.

Kitchener will be remembered for four great constructive works of organization, carried out in Egypt, South Africa, India and England. In each case his work was creative and revolutionary in conception, and carried out with the utmost precision in every least detail. No man touched the world-extended British Empire at more points, or touched it with such decisive, fateful effect. It may be said, indeed, that the integrity of the Empire, in the twentieth century, is the work of Kitchener. Four dangers arose, in regions separated by vast continental spaces; in each region, Kitchener met the danger, piercingly diagnosed the cause, patiently and courageously overcame it. Every honor or within the power of his countrymen to give him was offered to Kitchener; yet all honors fall short of his immense attainment.—From "Kitchener of Khartoum," by Charles Johnston, in the American Review of Reviews for July, 1916.

Guardmen to Be Aided.

District Forester George H. Ceell, Portland, Ore., has received the following telegram from the Chief Forester, Henry S. Graves, Washington, D. C., in reference to employees of the Forest Service who belong to the National Guard: "Forester desires to aid employees who are members of the National Guard to fulfill their military obligations. For this purpose he will afford applications for leave and will so far as possible consistent with civil service rules and future appropriations, assure them restoration to present positions after completion of service in the army. Please report immediately approximate number of employees in district who are members of Guard and will probably request leave in response to the President's call."

Better.

Two suitors had striven for the hand of Mary Murphy. One was Doonan, a prosperous grocer, and he was backed up by Pa and Ma Murphy; the other was a handsome young clerk, and he was backed up by Mary.

The clerk won. On the morning of her first birthday after the wedding day Mary called to see her parents, and proudly showed them a pretty little gold watch which her husband had given her. But Mrs. Murphy sniffed contemptuously. "That's very nice," she said disapprovingly; "but if ye'd only taken the advice of yer father and me, 'tis not a gold watch ye'd be havin' in yer pocket, but a good eight day clock!"

NEW MODERN DANCING.

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Even.

A popular London clergyman was once staying a few days at a country house with some friends. On the Monday morning he was playing tennis with a young man he could usually beat, but for some reason or other the clergyman was not in form, and was faring badly. Between games he remarked to his opponent, "I simply can't stand your service today!" "Then we're quits!" was the cheeky reply; "I couldn't stand yours yesterday!"

Natural Expectation.

"Where's your aeroplane, Mr. Smith? I looked out in the front street and in our backyard, but I couldn't see none." "Why, I have no aeroplane, my boy. What made you think I had?" "Didn't you tell pa you came here to see him on a flying visit?"—Baltimore American.

Rubbing for a Kiss.

The young husband halted at the gate and retraced his steps. "Did you come back for another kiss, dear?" inquired the bride. "Well, I'll take another kiss, but what I came back for was my rubbers."—Brooklyn Citizen.

The manufacture of tanks, slow wood pipe and conduits ranks third among the wood using industries of Oregon. High grade Douglas fir is the chief wood serving the needs of this industry.

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Misplacing the Blame.

"O-o-o-o-h! Bo-o-o-o-o!" As the childish wail rang through the house the anxious mother sprang to her feet. Rushing into the hall she met her little daughter coming in from the garden and carrying a broken doll by the leg. "What's the matter, darling?" she asked tenderly. "O-o-o-h, no-o-o-ther," howled the child. "Willie's broken my do-ill!" "The naughty boy! How did he do it?" "I—I hit him on the head wiv it!" was the slow response.—Pittsburgh Chronicle-Telegraph.

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