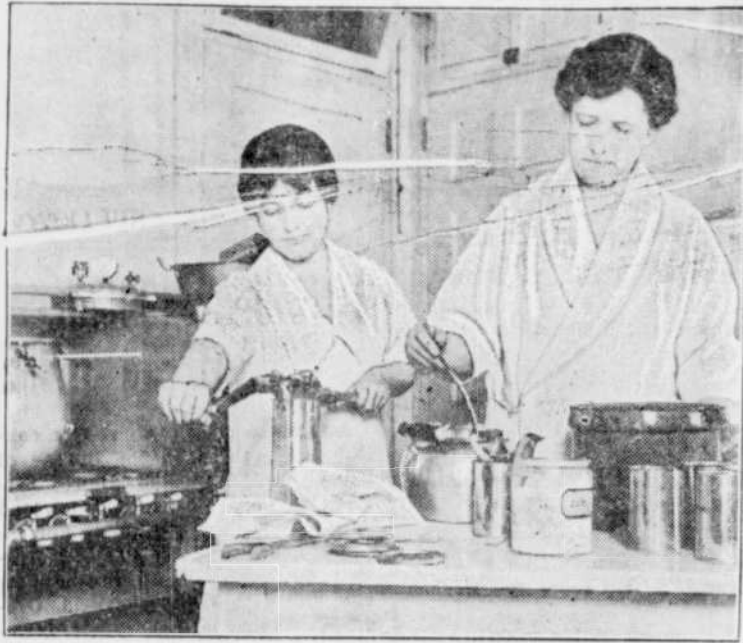


**CANNED TOMATOES ARE VALUABLE FRUIT**



Use the Pressure Canner in Canning Tomatoes.

(Prepared by the United States Department of Agriculture.)  
Canned tomatoes are not only valuable for their good flavor when stewed, scalloped, or used in soups, gravies and innumerable other dishes. It is also important to serve them frequently during the months when fresh vegetables are scarce, because, unlike many other garden products depended on for vitamins, cooking or canning tomatoes does not seem to affect their vitamin potency. The juice of canned tomatoes may be given to babies and little children when oranges are not available.

**Tomatoes Easily Canned.**  
Make sure, therefore, of a supply of canned tomatoes if you have a garden surplus this summer. Tomatoes are easily canned by the water-bath method. A water-bath canner may be a wash boiler or any covered vessel of sufficient depth for the jars or cans to be completely immersed while processing, and equipped with a rack or false bottom. The pressure canner at 212 degrees F. may be used. The United States Department of Agriculture

gives the following directions for canning tomatoes:  
Use only clean, sound, fresh tomatoes, as soon as possible after picking. Scald and peel them. Pack them into jars or cans either whole or cut into pieces. Use some of the tomatoes to cook into tomato juice, which is poured hot over those in the jars. Add one teaspoonful of salt to each quart jar.  
**Arrange Paraphernalia.**  
Adjust rubbers, tops and springs on the jars, or seal tin cans and place in the canner. It should have a close-fitting cover. Process quart jars for 25 minutes, pint jars for 20 minutes and tin cans for 15 minutes, counting the time as soon as the water surrounding the jars begins to boil actively.  
Label all jars or cans so that each lot can be identified. Keep them at room temperature for at least a week. Discard any showing signs of spoilage, and watch others of the same lot, to be sure that they are keeping.

**BATHING DANGEROUS, CONTEND THE HOBOES**

**"Curly" Tells Why "Road Boys" Shun Water.**

Portland, Ore.—While medical authorities maintain that one should bathe to be healthy, a different school of thought prevails in the ranks of "blanket stiffs."  
Bathing sometimes is a foolish and dangerous pastime, according to these gentlemen, and that opinion, strange as it may seem, is backed by well considered facts.  
"Little Curly" Davis, a tight-line skinner of construction camps, known throughout many western states as a teamster who never yet has disgraced himself by feeding, watering or currying a horse, was the leader in a recent discussion in refuting the alleged bunk that warm baths are beneficial to the physical man.

**Calls Reasons Sound.**  
The supposition of hoboos preferring dirt gained new circulation recently with the publication of a story from London, pointing out that British tramps are shunning workhouses since the establishment of a rule compelling them to take warm baths.  
"Those English tramps are right," said Curly, who, strangely enough, uses good English. "The objection is based on sound, scientific purposes."  
"That's so," agreed a soft-voiced "wobbly," who had just complained about the toughness of cops in the region "around the horn" in southwestern Iowa. And the hard-faced student of Huxley nearby nodded his head in agreement. So did an Irishman who had been objecting to the use of copper wire because ore at the Anaconda mine in Butte is so heavy. Aluminum wire, such as is generally used in Canada, should transmit all juice, was his idea.  
But why the shunning of warm baths if hoboos prefer being clean?

**Companions Agree.**  
"Little Curly's" explanation is that in the winter time a man's body adjusts itself to the cold and protection is furnished by an indefinite sort of gloss, which hardens the outer skin. This gives the man who is subject to extreme exposure unusual cold-resisting possibilities.  
If the film is broken by warm water after one has become accustomed to its protection exposure is likely to result in pneumonia, and sometimes death, the little tramp maintains, and his companions said this was so.  
"That is the reason," continued Curly, "that so few of the 'road boys' in hard circumstances freeze to death. We stand weather that would kill the average man; so does any teamster, floater, miner, or northern lumberjack."  
"It also is the reason the English 'boes are shunning the workhouses under the new order."

**WITCH DOCTORS OF AFRICA FLOURISH**

**Their Cruel Practices Are Described in a Report.**

Cape Argus, South Africa.—The fact that witchcraft is greatly prevalent among natives of South Africa is revealed in the report of the hospital survey committee appointed by the minister of health. This refers to cruelty of the practice in the past and the present inherent faith of the natives in it. Whenever a witch doctor is sent for the supposed offender is "smelt out" and the procedure generally ends in torture by fire or stinging by ants and, in cases, the death of the accused person.  
In addition his cattle and his property are confiscated. The influence of these witch doctors is very great, almost as great as it was in Kaffir wars when each of the opposing tribes had its witch doctor who professed to be able to bewitch the enemy so as to enable them to be successful in battle.  
The committee points out that from a mission comes a report that "the cruelty of the licensed medicine man and the work of witch doctors is terrible. Killing by poisoning is constant and the worst of it all is that there are no notices of births and deaths."  
The danger from ignorance and superstition, the committee adds, appears even before the birth of a child, when fathers must pay £1 to a certain kind of witch doctor to prevent the child coming under the evil eye.  
The practice generally ends in the death of the child and frequently that of the mother. Half the native children in certain districts where the investigations were carried out die in the first year.  
The committee suggests that busi hospitals be erected in which the use of modern medicines can be taught. At the present time, except at a few centers, no medicine or nursing service is available for natives living under tribal conditions in the native reserves and locations. "Native witch doctors are flourishing and are teaching the people that sickness is the result of witchcraft and that they alone are able to cure the sick," the report concludes.

**"Father of Wireless"**  
**Paid Only \$75 a Month**  
Paris.—Edouard Branly is cited by newspapers as typifying the struggle of French scientists to work under miserable conditions. Branly is inventor of the condenser. France calls him the "father of the wireless."  
Branly had as his only assistant in a ramshackle "laboratory" an aged woman who eked out a living by doing extra hours of housework in other homes. This maid of all work is now the scientist's "laboratory chief." She was intelligent and the professor trained her in his work.  
For 50 years Branly worked under these conditions, drawing a salary of \$75 a month as professor and supporting his family by occasional practice as a physician. These facts are told by French papers as illustrating the need to pay well men who give their lives to science.

**Britons Try to Walk to Coney in N. Y. Subway**  
New York.—An English family, consisting of R. C. Walton, his wife and daughter, started to walk to Coney Island using a subway for a footpath until James O'Donald, subway motor-man, made an emergency stop to point out to them "the error of their way."  
In England, the word "underground" or "tube" means what Americans know as a subway, and subway means a foot passage under a street or building, so, when the Waltons decided to walk to the beach resort and were told that the subway would be the shortest way there, they entered the Broadway subway of the Brooklyn-Manhattan line and started down the express tracks.

**Anthropologists Study Life of the Eskimo**  
Seattle, Wash.—Traditions, language and manner of life of the more primitive Eskimos of Alaska are being studied by two anthropologists.  
Nunivak Island, midway between the Aleutians and Noms, is the field which Henry B. Collins, Jr., and T. Dale Stewart of the Smithsonian Institution will explore to record the characteristics of a people who until four years ago had never seen a white man except for an occasional trader. To these people the most simple articles of modern civilization still are virtually unknown.  
The two scientists will dig into deserted settlements for pottery, skulls, stone implements and other records of the past. They will work under the auspices of the American Association for Advancement of Science, American Council of Learned Societies and Smithsonian Institution.  
On Nunivak, the natives live in single-room dugouts, burn oil-soaked moss for heat and light and eat fish, frozen or dried with seal oil and an occasional walrus or whale for variety.

**Batted Hair Is Tabooed by Women of Holstein**  
Berlin.—The north German state of Holstein holds a unique record in that there is not a bobbed head to be found among its native women.  
If the traveler succeeds in discerning a short-haired representative of the gentler sex, he will find that she hails from elsewhere than this former grand duchy.  
The Holstein women, who are famed for their beauty, pride themselves on their thick blond or brown tresses. Even the girls of school age wear long braids and object to cutting off what they are taught is womanhood's crowning glory.  
Far from advertising their ability to clip women's hair, the barbers in towns like Kiel or Ploen display beautiful braids and curls in their shop windows as an inducement to women whose hair is scant to pad their natural crop.  
The women are up to the minute in other fashions, such as short skirts and silk stockings, and they subscribe to fashion journals as avidly as do their sisters in the rest of Germany.

**BUSINESS AND PROFESSIONAL DIRECTORY**

**EARL LA FORGE**  
"The Square Deal Barber"  
Estacada's Leading Tonsorial Artist  
Popular Prices — Bobbing a Specialty  
Baths  
Shop on Broadway Estacada, Ore.

**BOB'S BARBER SHOP and MARCEL SALON**  
STRICTLY SANITARY SATISFACTION GUARANTEED  
Haircutting 35c Shave 15c  
MASONIC BLDG., ESTACADA ART SMITH, Prop.

**ESTACADA TRUCK LINE**  
DAILY TRIPS FROM ESTACADA TO PORTLAND  
LEAVE ALL FREIGHT AT WAREHOUSE  
In ordering your freight sent through us you receive personal service both in Estacada and Portland that will save time and money  
C. R. JOSSY PHONE 15-12 Call and Deliver Service

**PORTLAND-CARVER-ESTACADA STAGES**  
Municipal Terminal, Sixth and Salmon Sts.—Phone Main 7732.  
LINN'S INN, Estacada, Oregon.—DAILY

	A. M.	P. M.		A. M.	P. M.	P. M.
Lv. Portland	2:00	6:20	Lv. Estacada	8:00	4:30	8:30
Clackamas	2:30	6:50	Eagle Creek	8:15	4:45	8:45
Carver	2:40	7:00	Barton	8:25	4:55	8:55
Barton	8:05	7:28	Carver	8:45	5:15	9:15
Eagle Creek	8:15	7:35	Clackamas	8:55	5:25	9:25
Ar. Estacada	8:30	7:50	Ar. Portland	9:30	6:00	10:00

\*Daily except Sunday (A) Saturday Only.  
SUNDAY—Leave Portland 10 a. m. Leave Estacada 4:30 p. m.

**WHAT IS ADVERTISING?**  
"Advertising is the education of the public as to what you are, where you are, and what you have to offer in the way of skill, talent or commodity. The only man who should not advertise is the man who has nothing to offer the world in the way of commodity or service."—Elbert Hubbard.

**A Safe Place to Put Your Money**  
This Company has invested over \$77,000,000 in this territory.  
It has 90,000 light and power customers and serves a population of over 400,000.  
Its business is growing steadily every day.  
We offer you an opportunity to invest your money in this successful and well-managed business at 6.67 per cent interest.  
LET US TELL YOU MORE ABOUT IT.  
INVESTMENT DEPARTMENT  
820 Electric Building  
**Portland Electric Power Company**  
PORTLAND, OREGON

**FISH CHOWDER IS MOST HEALTHFUL**

**Supplies Mineral Needed to Keep Bodies Normal.**

(Prepared by the United States Department of Agriculture.)  
The need of variety in our bills-of-fare still exists, and the sea, as the saying goes, is as "full of good fish as ever came out of it." Moreover, fish, especially the salt-water kinds, both fresh and canned, are the best known source of iodine, a mineral that is needed to keep our bodies normal and healthy. It is a lack of iodine, for instance, in food and drinking water that leads to disturbance of the thyroid gland and one form of the disease known as goiter. Scientific workers have discovered that there is a goiter belt through the inland states where there is a deficiency of iodine in the soil and, consequently, in the drinking water and the vegetables grown in the soil, and where the people eat small quantities of fish and sea food. Therefore, there is a good health reason behind the fish dinner, and it is well to include one in the family menu regularly. Fish chowder is one of those one-dish dinners that will appeal to you as a house-keeper on days when you want to be out-of-doors gardening or indoors getting ahead with the summer sewing.  
For fish chowder you will need the following ingredients: One and one-half pounds of fresh fish. Cod or haddock is the kind generally preferred for chowder, but any kind of fresh, dried, or canned fish will do if it has large flakes of meat and only a few bones which can be easily picked out before the fish is combined with the other ingredients. Or if you prefer, use a quart of clams or oysters when in season instead of the fish. In addition to the one and one-half pounds of fish, you will need: nine potatoes, peeled and cut in small pieces; one onion, sliced; two cupfuls carrots cut in pieces; one-fourth pound salt pork; three cupfuls milk; pepper. Now for the method of making. Cut the pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in a kettle and cover with boiling water. Cook until the vegetables are tender. Add the milk and the fish which has been removed from the bones and cut in small pieces. Cook until the fish is tender, or for about ten minutes. Chowder can be thickened with flour, but most people prefer to add crackers in imitation of the fishermen who always used pilot bread. For this quantity of chowder you will need about eight or nine good-sized crackers. Split them so that they will soak up the liquid evenly and not be soft on the outside and dry inside, and add them to the chowder a few minutes before serving.

**STUFFED CYMLING QUITE DELICIOUS**

**Dish Is Available Many Months in the Year.**

(Prepared by the United States Department of Agriculture.)  
One of the nicest baked stuffed vegetables is stuffed cymling, which is available a good many months of the year. Any small portions of leftover may be added to the ingredients called for in the following recipe, which is supplied by the bureau of home economics:  
**Baked Stuffed Cymling.**  
1 large tender cymling ½ cupful vegetable salt and pepper  
1½ cupfuls dry bread crumbs if desired, such as cooked peas, carrots, beans or celery  
1 table spoonful chopped onion  
1 table spoonful chopped green pepper  
4 table spoonfuls butter  
Crisped bacon or cubes of salt pork if desired



Stuffed Cymling.

Wash the cymling. Scoop out the pulp with a spoon, being careful not to break the outer skin. Cook the cymling shell until tender in boiling salted water. Remove and drain. While the shell is still warm, rub the inside with butter so the flavor will go through the vegetable. In the meantime, brown the onion and green pepper in the fat, add the bread crumbs, and stir until well mixed. Also cook the inside of the cymling until tender and dry, add it to the seasonings and bread crumbs. If any of the vegetables mentioned are used or the crisped bacon or salt pork, mix with the other ingredients. Place the mixture in the shell and cover the top with buttered crumbs. Bake in the oven until hot through and golden brown on top. Cut the slices and serve at once.

**Breast of Lamb Cooked With Spinach Stuffing**

Among the less expensive cuts of meat available in most markets is breast of lamb. Because of the rib bones this presents some difficulty and waste in carving if simply baked as it comes, but if prepared in the following way, suggested by the bureau of home economics, it will be found delicious and economical:  
Slimmer a breast of lamb in enough salted water to cover until tender. Remove from the broth, slip the bones out at once, and allow the meat to cool. Meanwhile prepare the spinach stuffing. Spread out the breast of lamb, cover it with a thin layer of the stuffing, roll it, and tie at both ends with clean white string. Place the rolled meat in a baking pan, sprinkle lightly with flour, pour a cupful of the broth around it, and brown in a hot oven.