

MEAT LOAF MOST ECONOMICAL DISH

Some of the Cheaper Cuts Can Be Utilized.

(Prepared by the United States Department of Agriculture.)

If every dinner could be equally easy to prepare, tasty, different from the last one, inexpensive and popular with the family, we housekeepers would cease asking ourselves this eternal question. Meat loaf or roll is one of the most economical meat dishes you can serve. Some of the cheaper cuts can be used in making it and every bit that is not eaten hot is useful for serving cold in slices or for sandwich filling. Any lean meat may be used if gristle and skin are trimmed off. From one-fourth and one-fifth as much pork as beef is a good proportion. Too much pork makes an overrich, greasy loaf. Many homemakers prefer to have a fresh piece of meat cut off and put through the grinder under their direction, or some like to take it home and grind it themselves. A very good loaf may often be made at considerable saving per pound from the trimmings the butcher accumulates from the more expensive cuts. If the pork is not added to the beef a small amount of fresh suet should be put through the chopper with the meat.

So many different seasonings may be used in a meat loaf that it is difficult to give an exact recipe. Unless the family objects to the flavor, chopped or grated onion should be added to the meat. Thick cream sauce or brown gravy or eggs will be needed as a binder. Fine dry bread crumbs, or cracker meal also will help to hold it together. The flavor is greatly improved by combining canned tomatoes with the meat mixture or serving in a sauce over the loaf.

For your loaf you will need 2 pounds of ground beef; 1/2 pound of ground pork; 1 onion, grated; 1 cupful of thick cream sauce or gravy, or 2 eggs; 1 cupful dry bread crumbs, or cracker meal; 1 to 2 cupfuls canned tomato; salt and pepper to taste; dried celery tops, or other seasonings if desired. Mix all these ingredients together thoroughly. Shape the mixture into a loaf, laying a strip or two of salt pork or small pieces of suet on the top, and place it in a heavy baking pan. Cook in the oven for 1 1/2 to 2 hours. Have the oven hot at first but reduce the temperature toward the end. If the sauce or gravy is used as the binder for the loaf make it with 3 tablespoonfuls of flour and 2 tablespoonfuls of butter or other fat to one cupful of liquid.

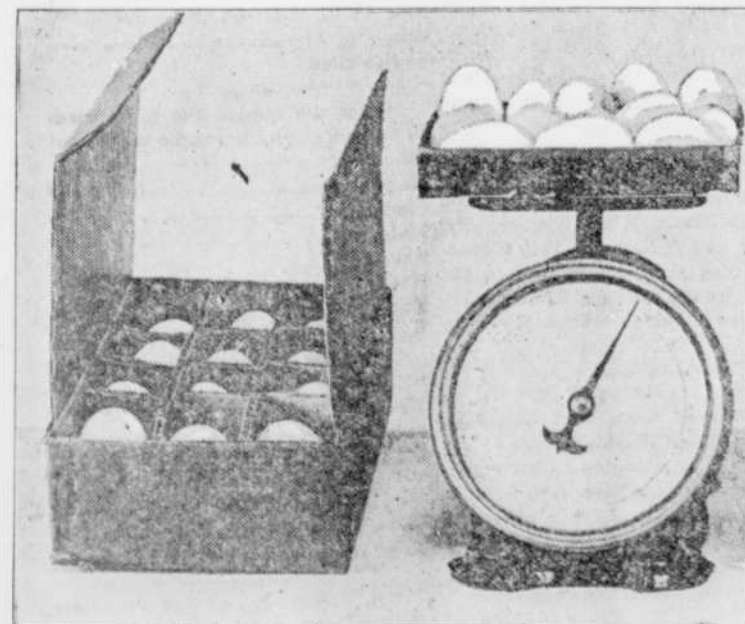
Chicken Loaf Appetizing When Served Hot or Cold

An old chicken may be simmered with seasonings until tender and then prepared in many different appetizing ways. One of the nicest ways to use it is to make a chicken loaf, which can be served hot or cold. The following recipe supplied by the United States Department of Agriculture requires two cupfuls of cooked chicken.

- 2 cupfuls finely cut cooked chicken
1 cupful fine bread crumbs
1 1/2 tablespoonfuls butter or chicken fat
1/2 cupful milk
2 eggs
1/2 cupful mashed canned peas
Salt
Paprika
Onion and green pepper fried in butter or chicken fat

Heat the milk and moisten the crumbs with it and combine with the other ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or pan and bake in a moderate oven for one hour, or until firm and brown. Turn out on a platter and serve hot or cold. If served cold, garnish with sliced tomato.

PLAN OF SELLING EGGS BY WEIGHT BEST



Eggs by Dozen or Weight.

(Prepared by the United States Department of Agriculture.)

Apples, potatoes, string beans and other products handled by the green grocer or fruit stand are now usually sold by weight instead of by count or measure, but for some reason the habit of handling eggs by the dozen still persists. As every housekeeper knows, there is the greatest difference in the size of eggs, even in the same box; and the most up-to-date cook books will call for "a cupful of egg whites" or, even better, so many ounces of egg white, rather than a specific number of eggs.

CARE FOR FLOORS IMPORTANT TASK

Good-Sized Boy Can Do the Polishing.

(Prepared by the United States Department of Agriculture.)

If you have a good-sized boy in your family enlist his help out of school hours to recondition the floors. If they have been varnished, they should be swept with a soft brush, a mop, or a broom covered with a cotton-flannel bag, and then rubbed with a cloth or mop slightly moistened with floor oil or kerosene. The oil gradually dries out of varnish after it has been applied to wood, and unless restored by an occasional rubbing with an oiled cloth, the varnish becomes exceedingly hard and brittle. Use only enough oil to moisten the cloth or mop.

In general, says the United States Department of Agriculture, varnished floors retain their color and luster



Enlist the Boy's Help With the Floors.

better if no water is used on them, but if very dirty they may be wiped with a cloth or mop wrung out of warm soapy water, wiped dry at once, and polished with an oiled cloth or mop.

Waxed floors should be swept with a soft brush or mop entirely free from oil. Oil softens wax and should never be used on it any way. About once a week a waxed floor should be given a more thorough cleaning with a cloth wrung out of warm soapy water, or moistened with turpentine or gasoline. Occasionally after cleaning, the entire floor may be given a very thin coat of wax and polished with a weighted brush or woolen cloth.

Simple Cooked Dressing

If you have on hand some sour cream, you may prefer to make a cooked dressing. A good method is as follows: Beat an egg very light, and add to it quarter teaspoonful of mustard, half teaspoonful of salt, quarter teaspoonful of paprika pepper, half teaspoonful of sugar, quarter cupful of vinegar, and one cupful of sour cream. Mix well and cook in a double boiler, stirring constantly, until thick and smooth. If this dressing has any tendency to separate, strain it before cooling.

TREASURE IS FOUND BY INDIAN'S DREAM

Ancient Pagan Temple in Mexican Wilds Revealed.

Mexico City.—A dream-guided search for treasure by the descendants of an ancient chieftain who fought against Cortez has ended most amazingly in the discovery of one of the most splendid temples yet known of the pagan gods of pre-Hispanic Mexico, dedicated to Camaxtli, the chief god of the Tlaxcala nation before the conquest.

Dr. Eduardo Noguera, Inspector of the department of archeology of the ministry of education, investigated the discovery at Tizatlan for the Mexican government and conducted systematic excavations there. He states that the Indians of the town claim that one of their number, Panfilo Sanchez, is a descendant of Xicotencatl, former lord of Tizatlan and one of the rulers of the Tlaxcala nation and a bitter adversary of Cortez. This Sanchez declared that Xicotencatl himself appeared to him in a dream and revealed the whereabouts of his hidden treasure.

Other Indians, believing in the vision, went with Panfilo to the designated spot to dig. They came upon prehistoric ruins and in their thirst for treasure cleared away a large amount of earth in two weeks. Walls of a temple and beautiful polychrome frescoes appeared, and the fame of the discovery spread throughout the state of Tlaxcala and into Mexico City. Government authorities were sent to investigate and the amateur excavation was stopped.

Temple on Crest of Hill.

The temple remains are on the crest of a hill overlooking the Indian village of Tizatlan and are under the ruins of an old Christian church believed to have been built by Cortez after the destruction of the heathen temple more than 400 years ago.

The ruins belong to the Aztec culture. Dr. Reygadas Vertiz, director of the department of archeology under the ministry of education, says that the find is one of the most important of recent times because the building contains polychrome fresco paintings considered to be real codices, or historical records in symbolic picture form. The picture writings may form an important link in piecing together the story of Mexico before the discovery of America.

True codices are found on very few Aztec ruins, Doctor Reygadas says. Most of the codices now in existence are on maguey paper, made from the fiber of a common Mexican plant, and are in European museums. Even of these but few are left, because the conquerors and the missionaries who followed them destroyed all the temples, idols and written records of the native races in their zeal to convert them to Christianity. Here and there a strip of picture writing was secretly saved as a souvenir or sent to Europe as a curiosity. After several centuries had passed their historical value was recognized and those few remnants found their way into collections and museums.

Colored Symbols Unearthed.

A floor about eighteen feet wide and thirty-seven feet long has now been excavated, and the rectangular space was found to be perfectly orientated with the cardinal points. On this space stand two raised stone platforms, both beautifully ornamented with brilliantly colored symbols. Among the figures are some that are easily recognized, such as the water sign and the death sign.

On the short vertical ends of the platforms are canals that divide the walls into two equal parts. Because of the constant repetition of the death sign and the water sign, which in this case could also be interpreted as the blood sign, it is believed that these slabs were sacrificial altars and that the canals served to lead away the blood. The most beautiful figure on the frescoes is that of the god Camaxtli, and for that reason it is believed that the temple was built in his honor.

Petting Place Was Poison Ivy Garden

St. Paul, Minn.—This is the sorrowful tale that is whispered wherever summer session students gather on the Minnesota university campus.

Two romantic young things, the boy about twenty and the girl not more than eighteen, came down from the northern part of Minnesota where vines are vines and not poison ivy.

Before the advent of the decorative spotlights there had been plenty of places for a little quiet necking. But all that was changed.

Then one morning he got a bright idea. Every day going to his classes he passed a perfectly luscious looking garden. Cool and green, all vines and ferns. It was enclosed by a high picket fence. Of course, it had a warning sign on the gate, but then he neither read nor believed in signs.

That very night he mysteriously conducted the girl to the garden. She was charmed with the spot. She told him that she would never forget the night and the garden and, of course, him.

And she never will. The following morning both their faces were broken out with a rash that closely resembled that produced by poison ivy. The garden was filled with poisonous plants for the use of the medical students in their research work.

VIOLET RAYS GOOD FOR SICK MONKEYS

Valuable Zoo Animals Are Restored to Health.

New York.—How ultraviolet radiation, used on sick humans, saved the lives of five valuable and desperately ill animals in the New York zoological park is told by Dr. Charles V. Nobeck of the department of comparative medicine.

His furry patients consisted of a red howling monkey, a grivet monkey and three lemurs, which are small animals belonging to the same order as monkeys but lower in the evolutionary scale.

They are all expensive animals and their threatened death from "cege paralysis," which is a disease very similar to rickets in human beings, was regarded by the zoo authorities as a genuine calamity. When they had reached a state in which they refused all food and could hardly move, Doctor Nobeck was called in.

The helplessness of the animals at the outset simplified the treatment. Doctor Nobeck simply placed his quartz-tube mercury vapor lamp behind their bowed and immobile backs and turned on the current, without needing to tie or constrain them in any way.

The treatment was kept up for a month in the case of the red howling monkey, and from three to four weeks with the others. In all cases the stiffness and decrepitude that mark the disease in its extreme stages soon disappeared, the eyes became bright again, the hair glossy and the patients displayed a manifest renewal of their interest in food.

Doctor Nobeck notes that the doses of the rays to which he subjected the hair-covered skins of his animals were much more intense than those intended for the bare skin of a human being. For this reason he had to be careful about hairless and nonpigmented areas, such as the region around the eyes, to avoid producing severe sunburn.

Sweets Growing More Popular in America

Washington.—Fathers and mothers seem to be getting more indulgent in the United States, or else the fathers and mothers themselves are consuming more candy, chewing gum and ice cream, because the production of these three children's favorites is setting new altitude records nearly every year. The Commerce department's census of manufactures discloses tremendous increases which small boys will find hard to believe. Comparing 1914 figures with those for 1925, the following was set forth:

The nation now produces \$47,838,000 worth of chewing gum, compared with the pre-war figure of \$17,000,000, and the product still sells for a nickel a package.

The ice cream bill is \$286,175,686 a year, compared with \$55,983,133 in 1914.

Candy costs \$379,981,411, compared with \$153,685,523 in 1914.

This present bill of \$700,000,000 or more—about \$85 annually per small boy—if small boys got all of it—doesn't represent all the money spent by dad and sister's sheik, either, for these figures are wholesale prices.

Retail prices will boost these three industries into the \$1,000,000,000-a-year figure, experts believe.

The increases are variously attributed to prohibition, advertising, increasing export trade, and the attempt of the factories to catch up with the appetites of small boys and high school girls.

Better Than Chimes

Seattle, Wash.—An offer to buy chimes for a large church being finished here was turned down by its pastor, who replied that bells are out of date. A well-planned newspaper advertisement announcing the Sunday features, he contends, will draw more folks to church than noisy chimes and at the same time not disturb those who habitually sleep late on the Sabbath.

Why the Big Stamps Are Not Very Popular

New York.—Refusal of the public to expend the energy and time needed to moisten and affix a large stamp is given by post-office officials as one reason for the falling off in the demand for the new 2-cent stamps celebrating the surrender of General Burgoyne.

Sales of the Burgoyne stamp, together with a stamp commemorating the battle of Bennington, have fallen off since they first went before the public on August 5. The Bennington stamp is of ordinary size, while the Burgoyne stamp is oblong, the shape of the special delivery stamp. The drop in demand for the Burgoyne issue has been more marked than that for the Bennington.

"Professional and amateur collectors and dealers bought both in large quantities in the first week," said Edward P. Russell, cashier of the post office. "Then the demand fell off. Business houses do not like to buy large stamps because of the extra work involved in stamping letters."

BUSINESS AND PROFESSIONAL DIRECTORY

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PORTLAND-CARVER-ESTACADA STAGES

Main Terminal, Sixth and Salmon Sts.—Phone Main 7733. LINN'S INN, Estacada, Oregon.—DAILY

Table with columns for Lv. Portland, Clackamas, Carver, Barton, Eagle Creek, Ar. Estacada and times for A.M. and P.M. routes.

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

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