

LOW COLONIST FARES

Daily March 15 to April 15th,
TO
ALL POINTS ON OREGON ELECTRIC RAILWAY



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W. D. SKINNER, Traffic Manager,
Portland, Ore.

J. E. FARMER, Agent
Forest Grove, Ore.

Economy Hints



A penny saved is a penny earned.— Benjamin Franklin.

THE problem of how to lighten the cost of high living is a vital one today, and especially is this question absorbing to the poor man's wife. Her household motto should surely be to make the best of everything. Ruskin says, "Industry without art is brutality." And that is justly so of the homemaker. Her duty is to make her home just as attractive as possible, and to do that she must keep in mind that "a penny saved is a penny earned" and that every piece of food thrown out is money thrown away.

Here are four things that help much in lowering the cost of high living: They are buy in large quantities as possible, thereby getting a reduction. Use things in season, when they are cheapest. When egg prices soar search your cook book and household magazines for "eggless recipes." Make a systematic collection of economical nutritious dishes.

Egg Substitutes.
When eggs are high in making doughnuts, beat in with the sugar and make the doughnuts as usual without any eggs.

In making pumpkin or squash pies in place of eggs roll crackers fine and use as much of them in bulk as you would of eggs. You could not tell the difference if you did not know.

When you want pudding for dinner and have no milk try adding another egg and a few more raisins and use warm water in place of milk.

Ways of Using Cheaper Cuts of Meat.
Beef loaf is a fine dish in which the cheaper cuts of meat are never recognized. To make it take one and one-half cupsful of stale bread crumbs or cracker crumbs, two pounds of ground beef, three teaspoonfuls of salt, seasoning to taste. Mix with water or water and milk, using as much as you can, and have the meat hold together. Bake about one hour in a bread tin. Thicken the liquid left in the pan for gravy.

Pork in batter is another good way to employ the cheap meat. Make a batter of one egg beaten with one-third cupful of milk and enough flour to make the consistency of pancake batter. Fry some slices of salt pork until they look clear and are beginning to crisp, then dip in the batter until well covered. Return to hot fat until well done. Serve with baked potatoes.

Lamb a la Creole.—This is an attractive way to serve up cold lamb and is tasty and economical. Mince a green pepper after the seeds are removed and half a small onion and cook them together in two tablespoonfuls of butter for five minutes. Stir in four tablespoonfuls of flour. When it is well blended add a cupful of stewed and strained tomatoes and a cupful of the liquor in which the lamb was cooked, or, if it happens to be cold roast lamb, use water or good gravy thinned a little. Cook till the mixture is smooth and thick, season to taste with salt and pepper and turn in two cupfuls of cold lamb cut into small pieces. Stir and cook for six minutes. Make a hollow in a mound of hot boiled rice and turn the ragout into and over it.

Beef Liver Lyonnaise.—Procure about a pound and a half of beef liver, slice it thin and lay it in a wide frying pan, sprinkle with salt and pepper and two tablespoonfuls of olive oil. When ready to cook, put the pan on a brisk fire and brown the liver nicely on both sides. Take the liver out and put on a dish to keep hot. Add to pan two onions cut into thin shreds. Toss them over the fire till tender, then add a tablespoonful of flour and a tablespoonful of chopped parsley. Stir and mix well and add a cupful of hot water. When these are smooth and boiling return the liver to the frying pan and make it very hot. Arrange it on a hot platter and pour the sauce over it and send to the table with a dish of baked potatoes.

How to Fluff the Hair.
Hair can be fluffed and made to stand out well from the head, even without curling, by brushing it with an outward twist of the wrist that lifts the hair up from the scalp.

For this brushing divide the hair into strands and go over the head in a circle, then begin further up and continue until all the hair has been lifted and lightened.

If this style of brushing is kept up daily, or even several times a week, the straightest and stringiest of hair soon becomes dry and easy to puff out from the face.

How to Use Bits of Soap.
The toilet soap ends of a household may be satisfactorily utilized if cut into thin shavings and dissolved in a small amount of warm water. Add to this spongy mixture three tablespoonfuls of eau de cologne and one tablespoonful of lemon juice. Then pour the mixture into any small moulds, such as the tops of baking powder tins. The liquid will harden into small, flat cakes.

How to Add Flour to Cake.
When liquid, as milk, is used in cake the milk and flour are usually added alternately simply because the flour is thus more easily incorporated into the mixture. If cake is too porous probably too much baking powder or cream of tartar and soda has been used.

DEVOTED TO THE W. C. T. U.

Edited by Mrs. Katherine R. Kerr

The mothers meeting will be held at the Congregational Church on Friday, March 21 at 3 P. M. All young mothers are urgently requested to be present. The subject: "Home Reading, What Should It Be?" Everyone is welcome to these meetings held under the auspices of the W. C. T. U. We love to welcome the teachers. Mothers, come and show that you are interested in the organization that is striving to help the boys and girls all over this land.

The W. C. T. U. will hold a week of prayer from March 30 to April 6 for "Lord's Day" all over the United States. History has proven that a Sabbath is necessary for the state as well as for religion. It is the very foundation of our social structure. Good citizenship and our social well being grow out of the observance of the one day in seven, which man may spend in worship to God and in spiritual uplift and physical rest. This is the 35th annual week of prayer for the Lord's day.

Dear White Ribbon sisters, no

other command in the Bible is more definite or more explicit than, "Six days shalt thou labor, then remember the sabbath to keep it holy. If we as Christians, are striving to follow the example of Christ, his own example and all of his teachings show the need of a right observance of the Lord's day.

I am going to quote from section three of our recent tobacco law. "It shall be unlawful for any minor under the age of eighteen years, to smoke, or use tobacco in any form, in any public highway, street, place or resort." Is the marshal not supposed to enforce this law?

The opponents of women suffrage when run down and cornered, prove to be breweries, whisky trusts, food trusts, and special interests of all kinds. Women, or the large majority, will vote for humanity rather than for property rights.

Jane Paterson, in the Minnesota Tribune, writes: "Since woman has come to realize her duty to her children, and her

country, equal suffrage has become more of a religion than a fad. Good men and women are divided as to woman suffrage, but it is a well known fact that the vicious elements are solidly against it in all cities and towns. That the women in Washington should be treated so disgracefully by a vicious mob, is not any shame to them, but a disgrace that it should occur in an American city. But it will work for good to equal suffrage. Many, many converts have been made to woman suffrage just by this disgraceful exhibition in Washington."

I, as a white ribbon worker, was very much pleased to see that the track ordinance in California was defeated by the votes of the women, and that a disreputable office seeker was also beaten in seeking for office. The whisky element and others openly acknowledge the votes of women caused the defeat of their well laid plans. Keep right on, sisters in the good work, and when we have accomplished a great uplift in morals and other good work planned, how some of you will regret that you did not have a hand in the good work.

The Forest Grove Oyster House is now under the management of Ed. Boss. 81tf

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PREVENTION OF SUMMER AILMENTS.

The summer ailments of adult fowls are mostly digestive disorders and may be mainly avoided by simple prevention. They are mostly caused by filth, vermin, bad feed, ill feeding, lack of pure drink and heat exposure. Hot weather is the great microbe and bug breeder. Heated filth is a hotbed of deadly disease. Therefore clean the henhouse and yards early, remove all dirty litter, droppings, scrapings of floors and yards to the field or garden, spray the whole outfit with lime and make all things new.

Old time lime is good for humans and for hens. It brightens and gives a solar plexus to smells, bacteria and to bugs; therefore let more humans join the Limekiln club, wear fewer bugs and live longer. Treat fowls individually for lice, furnish a bath where they may dust for crawlers and occasionally sprinkle oak wood ashes in the mash to kill the worms that cause intestinal troubles.

Pure water kept cool by shade is extremely necessary and when colored often with venetian red helps to preserve hen health and prevent cholera and kindred complaints, as the lime, magnesia and iron of the red are very beneficial.

Hens should be kept from excessive fat and heating food, therefore corn should be fed sparingly. Wheat and oats are the summer grains. Moist mash should be fed often, and greens are an absolute necessity. Grit and charcoal should be kept before the flock, and natural or artificial shade should be provided.

Save your hens from excessive heat by day and night, for heat prostration brings many ills to hen and men.

If possible have free range. Its cool shade, tender herbage, natural animal food, pleasant exercise, pure air and clean environment are the sine qua non for success.

Good Measures.

The following conversation once took place between two Quakers:

"Martha, does thee love me?" asked a Quaker youth of one at whose shrine his heart's holiest feelings had been offered up.

"Why, Seth," answered she; "we are commanded to love one another, are we not?"

"Ah, Martha, but does thee regard me with the feeling the world calls love?"

"I hardly know what to tell thee, Seth. I have greatly feared that my heart is an erring one. I have tried to bestow my love on all, but I may have sometimes thought perhaps that thee was getting rather more than thy share."—*Life.*

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LICENSE CERTIFICATE OF PURE BRED STALLION OR JACK, NO. 596
DATED AT CORVALLIS, OREGON, OCTOBER 12, 1911

The pedigree of the jack BEECHER, No. 3529 (American), registered in the studbook of American Breeders' Association of Jacks and Jennets, owned by W. H. French, Forest Grove, Oregon, bred by John Beldingbrock, Heppner, Oregon, described as follows: Black, White points, Sire, Theodor; Dam, Queen; Breed JACK, foaled June 15, 1906, has been examined by the Stallion Registration Board of Oregon, and it is hereby certified that the said jack is of PURE BREEDING, is registered in the studbook that is recognized by the associations named in section nine of an Act of the Legislative Assembly of the State of Oregon providing for the licensing of stallions, etc., filed in the office of the Secretary of State February 23, 1911, and that the above named jack has been examined by the veterinarian appointed by the Stallion Registration Board and is hereby reported free from infectious, contagious or transmissible diseases or unsoundness and is hereby licensed to stand for public service in the State of Oregon.

E. L. POTTER,
[Seal] Secretary Stallion Registration Board

NOTE—This license has been recorded in the office of the Recorder of Conveyances of Washington County and must be renewed Oct. 12, 1914

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