

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

1 cup flour
1 1/2 cups corn meal
1 teaspoon salt
5 teaspoons Royal Baking Powder
2 tablespoons sugar

1 cup cooked oatmeal or rolled oats
2 tablespoons shortening
1 1/2 cups milk
No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

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If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

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Administratrix Notice

Notice is hereby given that the undersigned, Rosamond I. Young, has been duly appointed administratrix of the estate of James O. Spencer, deceased, by the County Court of Yamhill county, Oregon, and has qualified.
Now, therefore, all persons having claims against the estate of said James O. Spencer, deceased, are hereby notified and required to present the same, with the proper vouchers, to the undersigned administratrix at her residence, near Dundee, in Yamhill county, Oregon, within six months from the date of this notice.
Dated this 21st day of February, 1918.
Rosamond I. Young, Administratrix of the estate of James O. Spencer, deceased.
Clarence Butt, Atty for estate.
First issue, Feb. 21, 1918.
Last issue, Marc. 21, 1918.

HOW TO COOK WHALE MEAT

New York Hotel Said to Have Had Good Results in Preparation of New Food.

A New York hotel has for some time been featuring whale steaks on its menu, and finds that a considerable demand has been built up among patrons, according to the Hotel Gazette. The meat is purchased frozen and thawed as required. It is all meat, with no fat or bone, having a distinct flavor, not at all fishy, which may be overcome by dipping in hot soda water before cooking. It is somewhat tough, however, and the best results are obtained by cooking slowly a long time with moist heat, low temperature and liberal seasoning. Guests prefer this meat pan-broiled in the form of a steak, and 55 cents is charged for a portion, one-third of a pound. Excellent soup stocks, stews, steaks and curries may be made of whale meat at a cost of approximately one-third that of beef. The present price of the frozen meat is 15 cents a pound.

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Wood For Sale—Good dry fir. L. Hammer, phone White 169. 14tf

For Sale—Lime and Sulphur spray at H. S. Gile and Co.'s Packing House. 22tf

Rooms to rent by Mrs. George Howie at 411 South Blaine street. 24-26

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