



Can Fruits From Summer's Plenty For Your Meals Next Winter

WHO CAN? EVERYBODY!
 • Can! Summer investment of time and money, small; winter returns in food and health, large.
 • Rubber rings! You'll need to use good ones. Let empty cans and jars wait for fruit.
 • Don't try to make fruit wait long for containers.

 Those luscious berries, peaches, cherries, figs and other fruits, so abundant this summer, can be made to supply many desirable desserts for winter, and with little trouble. Practice the following:

been dissolved. Take the jars out of the water bath, drain quickly and fill, while still hot, with the fruit prepared as described below. Fill the jar with hot sirup or hot water. Put on the lid but do not seal absolutely tight, so as to allow for expansion inside the jar.
 Put the partially sealed jars, while still hot, into a hot water container provided with a false bottom of slats or wire mesh. Do not put cold jars into hot water—or boiling water into cold jars—they'll crack. Boil (process) the filled jars for the time specified in the recipes, counting from when the water in the canner begins to boil again. Remove jars;



Team Work in Canning Justifies a Vision of Pantry Shelves Groaning Under Well-Filled Jars.

tically all fruits can be canned at home in ordinary canners or in a large vessel with tightly fitting cover. In fact, fruits are easier to can than most vegetables. They are prepared more quickly and need to be boiled in jars only once and generally for a shorter time than is necessary to can other products.

Canned fruit preserves most of the delicate flavors and succulence of fresh fruits and are the nearest substitute for fruits fresh from bush or tree. They are very valuable in the winter diet. They supply acids and mineral substances very useful in keeping the body in condition.

Do not cook or handle fruits in galvanized vessels. The fruit acid attacks the zinc coating and makes product dangerous to health and spoils its color and flavor.

Fruits Can Be Canned Without Sugar
 Don't let cost or difficulty of obtaining sugar deter you from canning quantities of fruit this year. Fruit can be canned without sugar. Instead of using sirup, simply fill the cans with clean hot water and process in a water bath. The fruit will not spoil, but, of course, will not have the fine color and flavor which it would if packed in sirup. The use of even a thin sirup in canning fruits will give a more attractive finished product than can possibly be obtained by canning in water. If sugar is not available, it will be well to consider drying the fruits instead of canning, since a good dried product is far better than a poor canned one. The importance of canning in less water should be stressed this year because of the high cost of containers. Fruits canned without sugar or with the addition of a very small

amount of sugar may be used for pie fillings, desserts and in other ways.

Fruits for home use can be canned with corn sirup or refiners' sirup in place of part of the sugar ordinarily used. Sirups with a distinctive flavor add sweetness, but also, of course, change the flavor of the canned fruit. A little experimenting in handling fruits should enable a housewife to develop various combinations of fruits and sirups which are pleasing to her own family.

Caution: Fruits canned with plain water or with other than sugar sirup should not be sold until the jars have been labeled to comply with local and federal requirements as to description of contents.

How to Can Fruit.
 Boil empty jars and lids for at least 15 minutes before you fill them with the fruit. Rubber rings just before being put on the jars should be cleansed by dipping for a minute into a quart of boiling water in which a teaspoonful of cooking soda has been dissolved; when cold test for leaks and store in a dark, cool, dry place.

SOME NEIGHBOR CAN USE THEM.
 • Some neighbor surely can eat or put up the surplus products from your place.
 • A quart of canned peaches or tomatoes on the shelf is worth a bushel rotting on the ground.
 • See that your pantry shelves sag just a little this year.
 • Weeding will seem easy next winter when Mother serves those home-canned string beans.

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HAMILTON TO LOCATE HERE

PROMINENT ATTORNEY AND
MEMBER OF FACULTY OF UNIVERSITY OF OREGON WILL
OPEN OFFICES IN THIS CITY.

(From Thursday's Daily.)
 Ralph S. Hamilton, an attorney of Eugene, who for the past two years has been a member of the faculty of the law school of the University of Oregon, has decided to locate in Bend and will arrive here the early part of next week. This word was received this morning in a letter from Mr. Hamilton.

Mr. Hamilton was in the city for several days last week, making the arrangements for his moving here, and will open up offices in the First National Bank building.

He is a graduate of the University of Missouri, where he was prominent in athletic work, pitching on the university team for a number of years, and playing substitute on the football team with Dr. U. C. Coe of this city.

Mr. Hamilton spent several years in Adams county, Washington, and is well acquainted with E. D. Gilson of this city, who was sheriff of that county at that time. He also states that "Nig Pringle and I enjoyed ourselves pretty thoroughly in the sage brush of Eastern Washington for several years during the location and building of the C. M. & St. P. railway."

Mr. Hamilton moved to Eugene in 1911, and immediately became identified with the law firm of Foster & Hamilton, with which he was connected until his appointment to the faculty at the university two years ago. He has again been tendered the position by the university, but desires to get back into the practice of law and has chosen Bend as his future field.

According to all reports he has been very active in public affairs in

Eugene, both previous to and since the declaration of war. He is captain of one of the companies in the Eugene battalion of the State Militia and has assisted Col. John Leader in the military work at the university.

ALKALI LAKE WORK DEVELOPS SLOWLY

The status of affairs at Alkali lake seems to be an unknown quantity, not only with the general public but with those who are supposed to be directly interested in the proposed development work, which it was expected would be well under way ere this, says the Lake County Examiner. However, there is one fact that can be stated unequivocally, and that is that the property has been taken over from the American Soda Products company under lease and option by Robert Wallace, a well known San Francisco capitalist. All operations at the mine are conducted solely under his direction at present, and no one is in the employ of the American Soda Products company except F. L. Young, who is looking after the interests of that company.

It is rumored that the transportation of the product to the railroad by auto trucks has not been as successful as was anticipated, and now other plans are being perfected to get the soda to market. It is stated that under the most favorable condition the product contains 40 per cent. moisture, and this fact taken in connection with the difficulty experienced with the trucks makes the cost of transportation almost prohibitive. Another rumor afloat is that Mr. Wallace will immediately install a reduction plant at the lake, with a capacity of 30 tons daily. As the Examiner understands it, this plant is only for the purpose of demonstrating feasibility of the method proposed, and that the real development of the property will not be undertaken before next spring.

J. D. Spreckles, Jr., seems to be interested in the work, although it is stated upon what is considered the best of authority that he is not in any way identified with Mr. Wallace. However, Mr. Spreckles is shipping in small lots of machinery which are

apparently intended for use at the works.

So far as the reduction plant is concerned, it is said that its arrival in Lakeview is expected within the next few days, and it will be immediately shipped out to the lake. It will be an oil burning plant, and the cost will approximate \$50,000.

STOVER BELIEVED BACK AS INSTRUCTOR

(From Tuesday's Daily.)

The reason for the return to this country of Lieut. B. A. Stover, formerly of Bend, who was reported as being in Washington last week, is believed to be found in a report in a Portland paper of the visit there of an officer, who, like Lieut. Stover, has been serving with the artillery in France. This officer's name is Terry, and of him it is said:

"Lieutenant Terry is one of the 48 artillery officers who were selected from the American batteries in France to return to this country and serve six months as instructors, thus relieving the allied officers who have largely been performing this service. The selection is distinctly a

tribute to efficiency and fine record in actual service in France."

CONTRACT FOR ROAD IN OCHOCO FOREST

SALEM, July 23.—The state highway commission today signed a contract with the federal government for the construction of a forest road in the Ochoco national forest in Crook county. It will be an earth road and is to cost approximately \$52,500, of which government and state and Crook county will pay equal shares. The road is 9.7 miles, of which 6.1 miles is in Ochoco forest. Work will be done immediately.

NOTICE.

Having applied for a commission in the Medical Reserve Corps and expecting to be called to the colors at any time in the next two or three weeks, I am offering special bargains in spectacles and eye glasses until I have to leave here.

CHARLES H. FRANCIS, M.D., C.M.
 Optician and Optometrist
 O'Kane Building. Adv.

Four chairs at your service at the Metropolitan. No waiting.—Adv.



Fresh Beef Travels on a Rapid Schedule

Fresh beef for domestic markets goes from stockyards to retail stores within a period of about two weeks. Although chilled, this meat is not frozen; hence it cannot be stored for a rise in price.

A steer is dressed usually within twenty-four hours after purchase by the packer. The beef is held in a cooler at the packing house, at a temperature a little above freezing, for about three days.

It is then loaded into a refrigerator car where a similar temperature is maintained, and is in transit to market on an average of about six days.

Upon arrival at the branch distributing house, it is unloaded into a "cooler", and placed on sale.

Swift & Company requires all beef to be sold during the week of arrival, and the average of sales is within five days.

Any delay along the above journey means deterioration in the meat and loss to the packer.

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