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CASCARA QUININE
BROMIDE
Standard cold remedy for 25 years
—in tablet form—acts, cures, in
minutes—breaks up a cold in 24
hours—relieves cough in 3 days.
Money back if it fails. The
genuine box has a Red
top with Mr. Hill's
picture.
At All Drug Stores

In English law there is no definition of an accident.
As is frequently used as a river name in continental Europe.
A kiss in Iceland is the common mode of salutation, equivalent to our hand-shaking.
In the library of the British Museum are over thirty-two miles of shelves filled with books.

**Falling Hair is
Failing Hair**
NYAL
Hirsutone
Is A Hair-Helper
And Hair-Saver
Cleanses the scalp and
refreshes the hair roots.
Handy Bottles—50c and \$1
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Store**
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CANDIES
for
EASTER**
Candy Easter Eggs
Nests, Bunnies, Etc.
For the Little Folks
Elite Luncheons
Delicious Noon
Luncheon
Delightfully Served
Soup, Salad, Meat,
Desert, Drink
Try it Tomorrow
Try Our Noon Luncheons
Elite
Confectionery

NR
Tonight
Tomorrow
Alright
Better Than Pills
For Liver Ills

**Home Cookery
Aids For Busy
Home-Makers**

By Hester Conklin and Pauline Part-
ridge of the Del Monte
Cookery Service

The Vegetable Souffle.
The vegetable souffle may be used for luncheon or supper as the main dish of the meal, and as a substitute for meat. It is also served with the meat course at dinner and will in this way extend the vegetable to serve a greater number of persons.

Asparagus and Cheese Souffle.
1 can asparagus, 2 tablespoons fat, 3 tablespoons flour, 1 teaspoon salt, 3-4 cup milk, 3-4 cup grated cheese, 3 egg yolks, 3 stiffly beaten egg whites.

Drain the asparagus and arrange the stalks in the bottom of a shallow greased baking dish. Melt the fat, add the flour, salt, and milk and bring to the boiling point, stirring. Add the cheese and egg yolks and fold in the whites. Pour over the asparagus and bake in a moderate oven 35 minutes.

Tomato Souffle Spanish Style
1 can tomatoes, 1 sliced onion, 1 teaspoon salt, 1-8 teaspoon pepper, 3 egg yolks, 3 stiffly beaten egg whites, 1 tablespoon fat.

Pour off 3 tablespoons of the puree from the tomatoes and reserve it. Add the sliced onion and 1-2 teaspoon of the salt to the remainder of the tomato and stew gently 10 minutes. In the meantime beat the yolks till thick, add 3 tablespoons of tomato puree and 1-2 teaspoon of salt and continue beating. Fold in the egg whites. Grease a hot frying pan thoroughly with the fat, pour in the egg mixture and cook till delicately browned on the bottom. Then bake in the oven till "puffy" and firm. Fold like an omelet, turn out on serving dish and serve with stewed, tomatoes poured over it.

Green Pea Souffle.
1 cup canned or cooked peas, 1 tablespoon fat, 2 tablespoons flour, 1-2 teaspoon salt 1-8 teaspoon pepper 1 small onion, 1 cup milk, 3 egg yolks, 3 stiffly beaten egg whites. Melt the fat, add flour, salt, pepper, onion, and milk and bring to the boiling point, stirring. Mash the peas and add to the sauce with the well beaten yolks. Fold in the whites and pour into a greased baking dish. Make in a slow oven till firm.

Cinnamon Tarts
Roll pastry into a rectangular shape and brush with melted butter. Sprinkle with a mixture of cinnamon and sugar. Cut into 1-2-inch strips and bake in a hot oven. These are delicious served with afternoon tea.

Branbury Tarts.
1 cup seedless raisins, 1-2 cup walnut meats, 3-4 cup sugar, 1 egg, 6 crackers, finely crushed, grated rind and juice of 1 lemon.

Put the raisins and walnuts through the food chopper using the fine cutter. Beat the egg and add other ingredients and mix thoroughly. Roll out pastry and cut into squares. Put 1 teaspoon of the mixture on each square, moisten the edges and fold into triangles. Press the edges together and bake 15 to 25 minutes. These tarts should be small.

Pear Tarts
Cover the bottoms of inverted custard cups or muffin pans with pastry. Pierce with a fork and bake in a hot oven till brown. Remove to a tin pan, place a half of a canned pear and a little of the syrup in each. Bake 15 to 25 minutes till stiff and add 1

tablespoon of powdered sugar. Cover the pear with this and brown quickly in a hot oven.

Rhubarb Tart
Prepare 1 cup of stewed and sweetened rhubarb and thicken with 2 tablespoons of cornstarch mixed till smooth with a little cold water. Boil 3 minutes and cook in a double boiler 30 minutes. Cool. Bake a pastry shell, cool and spread with the rhubarb mixture. Cover with whipped cream.

**Of Interest To
Women**

Green cheroots are the favorite smokes of the Burmese girls.

Thousands of women in Switzerland earn a livelihood by their skill in the finer work of watchmaking.

In Saxony, if a lover presents his sweetheart with a handful of ferns, it is equivalent to a proposal.

An innovation at a recent wedding in Nevada consisted in having the wedding march whistled by twelve girl friends of the bride.

A Tennessee girl broke her arm on the eve of her wedding day, but pluckily went through the ceremony with her arm in a sling, at the appointed hour.

In many parts of Scotland it is still the custom to break an oatmeal cake over the bride's head for good luck, the cake being enclosed in a small muslin bag.

The first woman elected to a county office in Kansas was Mrs. Ellen Webster, who in 1872 was elected superintendent of public instruction in Harvey County.

Miss Francesca Porter of Lawrence, Kan., who was admitted to the Kansas Medical Society in 1872, is said to have been the first woman physician thus recognized by any State medical society.

The bridal wreath is usually formed in Germany of myrtle branches; in America England, and France of orange-blossoms; in Italy and Switzerland of white roses; in Spain, of red roses and carnations; in the islands of Greece, of vine leaves, and in Czechoslovakia, of rosemary.

American women made their advent in practical politics in 1840, when "Tippecanoe and Tyler too" were borne into power partly by the songs of the women. The Whig meetings in that year were, for the first time, attended by women, while the Democratic meetings were composed of men alone.

Miss Mildred Johnson, a student at Oregon Agricultural College, is, so far as the records show, the first woman to make application for civil service examination for the position of grazing assistant in the United States Forest Service. The position is one requiring practical experience in handling stock on the range.

The credit of organizing the first Sunday school in the United States is claimed for a woman—Miss Sarah Colt, who died at her home in Paterson, N. J., in 1872, at the age of 90 years. Miss Colt's original idea was to teach the mill boys to read and write, and from this the school gradually grew into a means of exclusive religious instruction.

In China there is a very strange profession for women. It is carried on by elderly ladies, who go the round of the best houses, announcing their coming by beating a drum, and offering their services to amuse the lady of the house. This offer accepted, they sit down and tell the latest scandals and the newest stories and

bits of gossip, and are rewarded at the rate of a few pennies per hour.

**VETERAN TAKES
OATH OF OFFICE**

**Elected to Congress will Lend
Aid to Support of Bill
for Ex-Soldiers**

WASHINGTON, D. C.—A big demonstration, in which several on the majority side of the House took part, marked the appearance of Captain Jacob L. Milligan, Democrat, the new member of the House of Representatives from the Third Missouri district, to take the oath of office on Saturday.

Captain Milligan was elected to the unexpired term of Joshua W. Alexander, appointed in December to the Secretary of Commerce. The Missouri Congressman is one of the youngest members of the House, being in his early thirties, and is a World War veteran. He commanded a Missouri company in the Thirty-fifth division, which won fame in the battle of Argonne Forest, where Captain Milligan was twice gassed.

The first task Captain Milligan has assigned to himself is to study the matter of soldier legislation, and will bend his energies toward seeing that justice is done the former service men. One of the things for which he criticized the Republican majority in Congress during his campaign was its complete failure to do anything for the soldiers, and now that he has attained his ambition to serve in the National Congress, he will immediately devote himself to the question of soldier legislation.

Key West factories are turning out cigars at a rate of about 75,000,000 a year.

**It Isn't
Too Late!**

to plant **MARQUIS WHEAT.**
The seed we have is from a crop sown in April. It yielded 40 bushels to the acre.
MARQUIS Wheat is small grains, hard as flint and brings a premium in any market.
Our **MARQUIS SEED WHEAT** is only a trifle higher than the commonest **RUN-OUT** stock.
Phone us today and reserve your supply.
The Stock is Limited.

Murphy's SEED STORE
ALBANY, OREGON.

**DRESS WARM AND
KEEP FEET DRY**

Tells Rheumatism Sufferers to
Take Salts and Get Rid
of Uric Acid.

Rheumatism is no respecter of age, sex, color or rank. If not the most dangerous of human afflictions it is one of the most painful. Those subject to rheumatism should eat less meat, dress as warmly as possible, avoid any undue exposure and, above all, drink lots of pure water.

Rheumatism is caused by uric acid which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly, cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate this uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which overcomes uric acid and is beneficial to your kidneys as well.



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paper every
week and tell
you about

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EASTER TIME IS SPRUCE-UP TIME
Easter is near and you must have a new Shirt, Tie or some other article of wearing apparel. This store is prepared to fill your needs in this line.
We—the store of standard goods—
—Regal Caps—
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—Horn and Cheney Neckwear—
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Brand, 1-lb cans .18c Week Specials for the
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