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There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.  
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Oregon leads the west in the manufacture of woolsens and produces the finest wool in the United States.

The only carbon paper manufacturer west of the Mississippi river is in Oregon.

**Household Talks**

**EAT BEANS AND REDUCE LIVING COSTS.**

Potatoes are high, almost out of sight, rice is going up, everything is exceedingly high in price except beans. A larger consumption of beans on the part of the public will materially lower the cost of living and they are about the only important food product that is reasonable in price at this time, in fact, materially lower than prices which prevailed two years ago.

Domestic beans are an excellent substitute for potatoes and meat, and with the warm weather coming on, being rich in protein, the importance of their food value and low cost should be more fully realized by the average housewife. This is especially important when the housewife is having great difficulty in trying to keep the grocery and meat bill within the limits of the family income. Another advantage that beans have over the ordinary edible is that they are purchased in quantity and put away in the pantry without any possibility of deterioration.

Beans are healthful, nutritious and of high food value. A comparison of the nutritive value of other staple foods shows one pound of beans at the average price of 10 cents to be equal to the following:

- 1 lb. beans at 10c 10c
- 5.1 lbs. potatoes at 9c per lb. 46c
- 1.8 lbs. sirloin steak at 40c per lb. 64c
- 20.8 eggs at 50c a dozen 87c
- 5 pints of milk at 8c a pint 40c
- 1 lb. rice at 15c 15c

Many housewives think of beans only as something to be boiled or baked. This is a wrong idea. Beans may be prepared in many different and palatable ways. They are also one of the few foods that may be cooked, set aside and afterwards reheated and served. In fact, the second cooking improves them wonderfully.

The following recipes have been tested and found excellent:

**Beans (Old Style)**

One quart large or small white beans, quarter cup New Orleans molasses, third pound salt fat pork.

Parboil beans until the skins slip; drain off the water, then cut the salt pork in small pieces, adding the molasses. Mix well, adding salt to suit taste; cover all with water about two inches and bake in slow oven. The bean pot must have a tight cover. Do not take cover off until the beans are done.

**Spanish Beans.**

Two cups Mexican red beans, 2 small onions, 7 small peppers, 2 tablespoons olive oil.

Soak beans overnight and in the morning drain, cover with cold water and set on stove to simmer until tender. Chop onions and peppers very fine; season with salt and cook onions and peppers for five minutes in two tablespoons of olive oil. Add to the beans and let simmer for at least another hour.

This dish is sufficient for six persons if served as a principal dish. If served with a meat course it will be sufficient for ten persons. It is especially convenient for a Sunday menu, as it may be cooked Saturday and heated again for the Sunday meal. It gains in favor by the double cooking.

**Buttered Beans.**

One pound large white or kidney beans, 1 tablespoon salt, 5 table-

spoons butter or margarine, 1/2 teaspoonful pepper.

Wash the beans, cover with water and let them stand overnight. It will then be comparatively easy to press the beans out of their cellulose casings. Then cover the beans with a quart of water, bring slowly to a boil, drain, rinse with cold water, again cover with water and simmer for about one and one-half hours. Be careful that the mixture does not burn. Watch constantly and stir often, especially during the last half hour. Add more water as needed during the cooking. When the simmering is finished, put the beans in a baking dish, season with salt, pepper, and all but one tablespoonful of the butter, adding just water enough to make them the consistency of very thin mashed potatoes. Bake for an hour in a slow oven. Twenty minutes before taking them out dot the remainder of the butter over the top. Serve hot or cold.

**Jellied Beans.**

One cup cold beans, 2 tablespoons gelatine, salt and paprika, 1 bay leaf, 1 pint tomato juice, third cup cold water, 1 tablespoon minced onion.

Make a plain tomato jelly by dissolving gelatine in cold water and pouring over this the hot tomato juice in which the seasoning ingredients have been cooked. Add to this mixture one cup cold boiled beans. Pour mixture into molds and allow them to chill. Serve with boiled or oil dressing.

**Bean Muffins.**

Two eggs well beaten, 1 cup cold boiled bean pulp, half cup milk, third cup melted fat, 1 teaspoon salt, 2 cups flour, 2 teaspoons baking powder.

Combine above in order given. Bake muffins in greased muffin pan for 20 or 25 minutes.

**Bean Loaf.**

Four cups cooked beans, 1 cup strained cooked tomatoes, 1 cup dry bread crumbs, 1 well-beaten egg, 1 minced onion, 1 teaspoon chopped parsley.

Beans must be well cooked and thoroughly drained. Press through sieve and mix with other ingredients. Salt and pepper to taste. Place in a well greased roasting tin and allow to cook for ten minutes in moderately hot oven; then add one tablespoon butter and a cup of hot water, basting frequently during a half hour's cooking. The loaf should be well browned. Serve with tomato sauce.

**Tomato Sauce for Bean Loaf.**

Stew tomatoes. Strain and put the juice down to boil with a little of the mixture; add salt and paprika; thicken to consistency of drawn butter with a little flour.

**Bean Crust.**

One cup boiled pink beans, 1 teaspoon baking powder, 2 tablespoons melted fat, half teaspoon salt, 1 egg, flour to make soft dough.

Combine above and roll out mixture to about one-eighth inch thick on well-floured board. Cut strips of suitable size when folded for individual pies. Fill pies with chopped cooked meat or vegetables. Fold crust over and press along edges. Bake in moderate oven until well browned.

**New Prune Drying Plant at Salem.**

Salem, June 8.—Millions and millions of prunes are destined to pass through the new cannery and drying plant just being completed for F. A. Kurtz in Salem. It is a complete two line cannery and the capacity of the drying room alone is the largest of any in the state.

Dr. S. Ralph Dippel, dentist, 2000 1/2 St., Oregon.



**"DON'T WAKE ME"**

This was the night after his mother treated him to a plate of our cream. Bring the youngster here and make him happy. It's refreshing, healthful and nourishing. Many flavors to choose from—all good.

**EGGIMANN'S**

"A Good Bakery"

**In Society**

By Mona McHenry.

The annual alumni reception was given the graduating class of '29 Saturday night in the Morrison hall.

The hall was decorated in the class colors, red and white and the high school colors, blue and white.

After the initiation of the new members into the alumni association, games were played until a late hour. The color scheme was carried out in the dainty refreshments which were served.

Those present were Opal Mason, Sibyl Westfall, Mona McHenry, Juanita Lombard, Gladys Lepley, Anna Bidwell, Grace Male, Alice McBee, Florence Fish, Mr. and Mrs. Norton Pengra, Mrs. Mae Wagner, Ruth Scott, Mr. and Mrs. F. B. Hamlin, George Williams, Russell Olson, Clarence Powell, Dell Powell, Jerry Van Valzah, Virgil Signor and Norman Bryne.

Constance Rebhan entertained the members of her Sunday school class at her home Monday afternoon. Games were enjoyed by all the children and refreshments were served by Mrs. Rebhan.

**CHURCH NEWS**

**Baptist Church.**  
The Umpqua Baptist association meets with the Springfield Baptist church June 15-16.  
Rev. Fred M. Washite will preach at 11 a. m. and 8 p. m. Sunday, June 13. Sunday school at 10 a. m. The public is cordially invited to all these services.

**Methodist Church.**  
Next Sunday is Children's Day. Sunday school at 9:45; Children's Day program at 11. Baptismal service for children at that service. Any one wanting their children baptized bring

**RAILWAY TIME CARDS**

Electric cars leave Eugene for Springfield every half hour from 5:30 a. m. to 11:30 p. m.

**Southern Pacific Railway**

Arrive South	Main Line	Arrive North
12:22 a. m.		2:25 a. m.
6:00 a. m.		4:30 a. m.
1:50 p. m.		10:50 a. m.
2:50 p. m.		2:05 p. m.
7:10 p. m.		5:05 p. m.

**Oregon Electric—Portland to Eugene**

Arrive Eugene	Leave Eugene
10:45 a. m.	7:30 a. m.
12:25 p. m.	11:15 p. m.
6:45 p. m.	1:55 p. m.
8:55 p. m.	5:25 p. m.

**Southern Pacific—Wending Branch**

Leave Springfield	Arrive
4:15 p. m.	8:40 a. m.
7:15 a. m. (mixed train)	12:50 p. m.

**Southern Pacific—Oakridge Branch**

Leave Springfield 1:45 p. m. Mondays, Wednesdays and Fridays; arrive Springfield 11:15 a. m. Tuesdays, Thursdays and Saturdays.

**ARRIVAL AND CLOSING OF MAILS AT SPRINGFIELD POSTOFFICE**

Northbound—Mails close at 10 a. m. and 4 p. m.; arrive at 11 a. m. and 5:15 p. m.

Southbound—Mails close at 1:30 p. m. and 5:30 p. m.; arrive at 6:30 a. m. and 2:30 p. m.

Wending Branch (Daily except Sunday)—Mail closes at 4 p. m.; arrives at 8:30 a. m.

Albany-Oakridge Branch—Mail closes at 1:15 p. m. Mondays, Wednesdays and Fridays; arrives at 11:15 a. m. Tuesdays, Thursdays and Saturdays.

McKenzie River (Daily except Sunday)—Mail closes 7:30 a. m.; arrives 1:30 p. m.

Mohawk Rural Route No. 1 and McKenzie Rural Route No. 2 (Daily except Sunday)—Carriers leave post-office at 8 a. m.; arrive at 1 p. m.

# RAG TIME

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