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 Physician & Surgeon
 Telephone, Exchange No. 11
 SCIO : : : OREGON

E. H. HOBSON, M. D.
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 Telephones: Office, 27-7; Res. 27x

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 C. Shelton, Prop.
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 Stage meets all Munkers trains,
 leaving Scio Hotel at 8:15 a m
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Hacks connect with all trains
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Our rigs first class and
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Prices Reasonable.

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The Scio State Bank

Does a general banking business and
 can assist you in the transfer of money
 by issuing drafts to the different parts
 of the United States, and its services
 are available for the transaction of
 conservative business.

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 COME TO THE
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 Home Cooking. Rooms 50 Cents
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Cause for Alarm

Loss of appetite or distress after
 eating—a symptom that should
 not be disregarded.

It is not what you eat but what you
 digest and assimilate that does you
 good. Some of the strongest, healthiest
 persons are moderate eaters. Nothing
 will cause more trouble than a
 disordered stomach, and many
 people contract serious maladies
 through disregard or abuse of the
 stomach.

We urge all who suffer from indigestion,
 or dyspepsia, to try Rexall
 Dypsepia Tablets, with the understanding
 that we will refund the money paid us
 without question or formality, if after
 use you are not perfectly satisfied with
 results.

We recommend Rexall Dypsepia
 Tablets to customers every day, and
 have yet to hear of one who has not
 been benefited. We believe them to
 be without equal. They give prompt
 relief, aiding to neutralize acidity,
 stimulate flow of gastric juice,
 strengthen the digestive organs, and
 thus promote perfect nutrition and
 correct unhealthy symptoms. Three
 sizes, 25 cents, 50 cents, and \$1.
 You can buy Rexall Dypsepia Tablets
 in this community only at our store:

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Scio The Rexall Store Oregon

There is a Rexall Store in nearly every town
 and city in the United States, Canada and
 Great Britain. There is a different Rexall
 Remedy for nearly every ordinary human ailment
 especially designed for the particular ailment
 for which it is recommended.
 The Rexall Stores are America's Greatest
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PRACTICAL BAKING LESSONS

BAKING POWDER BREADS



Baking Powder Breads have three things in their
 favor which are making them more and more popular.
 They are an agreeable change from yeast bread,
 they are quickly and easily made and are especially useful in
 emergencies, and they are often prescribed by physicians
 when yeast bread continues to ferment in the digestive
 tract. Baking Powder Breads may be made in almost
 endless variety. A few of the most popular recipes are
 given below.

Nevada Briggs

Nut Bread

2 1/4 cups white flour 1/2 cup sugar
 2 1/4 level teaspoonfuls K C Baking Powder
 1/4 teaspoonful salt 1 egg beaten light
 1/4 cup nuts (pecans or walnuts chopped
 rather fine) 1 cup milk

First sift together, three times, the flour,
 baking powder, sugar and salt, add nut
 meats. Beat the egg, add the milk and stir
 into the dry ingredients, mixing thoroughly
 to make a stiff drop batter. Grease a small
 bread pan, drop the batter into this, turn a
 pan of the same size over the top and bake
 one hour. The first half of the time have
 the oven very slow, then increase the heat.
 This bread is excellent when several days
 old.

This bread can be baked in any empty
 cans that have close-fitting lids. To bake
 in a can fill the greased can half full of the
 batter, put on the lid and shake batter to
 the side of the can, lay it on its side in the
 oven. Bake slowly the first half hour, turn
 the can to the other side and bake last half
 hour with a hotter oven.

Plain White Bread

4 cups sifted flour 1 teaspoonful salt
 4 level teaspoonfuls K C Baking Powder
 2 tablespoonfuls sugar (if desired)
 2 cups milk (or water)

Sift together, three times, the flour, bak-
 ing powder, salt (and sugar if used), stir in
 the milk or water to make a dough. Use
 exactly same baking directions as for Nut
 Bread, baking in cans or a bread pan.

Colonial Loaf

2 1/4 cups of flour 1 teaspoonful salt
 1/4 cup chopped nuts 1 egg
 1 cup milk 1/4 cup sugar
 3 level teaspoonfuls K C Baking Powder
 1/4 cup chopped raisins, currants or citron as
 desired.

Mix and bake as directed for Nut Bread.

Rye Bread

1 cup of white flour 2 cups of rye flour
 3 level teaspoonfuls K C Baking Powder
 2 teaspoonfuls sugar 1 teaspoonful salt
 2 tablespoonfuls of caraway seeds (if desired)
 1 1/2 cups of sweet milk

To mix, sift flour, baking powder, salt and
 sugar, three times, add caraway seeds and
 milk and mix and bake by rules for other
 breads. This is excellent for sandwiches.

Graham-Nut Bread

2 1/4 cups white flour 1 1/2 cups graham flour
 2 level teaspoonfuls sugar 1 teaspoonful salt
 1/4 cup chopped nuts or raisins
 4 level teaspoonfuls K C Baking Powder

To mix, sift white flour, baking powder,
 salt and sugar, three times, add the graham
 and nuts. Stir to stiff batter with the milk
 and bake as nut bread above. This is an
 excellent bread for those who cannot eat
 white bread or meats.

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Next Week: Paper Bag Cookery

Possibly About You

Ed Fleming was a Scio visitor
 Monday.

J A Bilyeu was transacting
 business in Albany Tuesday.

G C Westenhous was trading
 with Scio merchants Saturday.

Read what Blatchford Bros.
 have to say in another column.

Don't forget the Movies at
 Wesely-Cain hall Sunday night.

A W Hagey is just receiving
 another new lot of Fishing
 Tackle. Call and see them. They
 are fine.

G M Finley, superintendent of
 the Santiam Orchard Co, was
 transacting business in Scio
 Monday.

I Hoagland of Shelburn, was
 transacting business in Scio Sat-
 urday. He states that he has
 not heard from his son who ran
 away a couple of weeks ago in
 company with a neighbor's boy.

My car of Mowers, Rakes and
 Binders has arrived and I am in
 a position to give you some very
 attractive prices. I have the
 quality of machines that does the
 work satisfactorily and does it
 all the time. Call and examine
 them and get the machine of
 quality. — N I Morrison, Scio.

German Coffee Cake

2 1/4 cups sifted flour 1 egg
 2 level teaspoonfuls K C Baking Powder
 1 level teaspoonful salt Milk
 2 tablespoonfuls butter, melted
 2 tablespoonfuls sugar

Sift dry ingredients together, beat the egg,
 add milk and butter to the egg to make one
 and one-quarter cups; stir all together with
 inverted spoon to a stiff batter. Turn into
 biscuit pan and spread even. Brush top
 lightly with melted butter. Sprinkle sugar
 and ground cinnamon over top. Bake in
 moderate oven.

Corn Bread

1 cup wheat flour 2 cups yellow corn meal
 3 level teaspoonfuls K C Baking Powder
 1 egg, beaten light 2 tablespoonfuls sugar
 1/2 teaspoonful salt 1 1/2 cups milk
 2 tablespoonfuls melted butter (if desired)

Sift together, three times, the meal, the
 flour, baking powder, sugar and salt. In an-
 other dish combine the egg, milk and melted
 butter; stir in the meal and flour prepared as
 above, beating rapidly until the dough is
 smooth, after which let stand. Bake in mod-
 erate oven.

Helpful Hints on Bread Making

Have materials all at hand
 Sift three times, flour, salt and baking
 powder, mix thoroughly.

Bake slowly enough to allow the bread to
 rise before it crusts over, using a cov-
 ered pan to keep the surface soft. Remem-
 ber that baking powder breads do
 the greater part of the rising in the oven
 and that baked bread can not rise. Let
 it rise before baking.

K C Baking Powder is particularly
 adapted to bread baking on account of
 its long sustained action. It begins to
 rise as soon as moisture is added, and
 under the influence of a gentle heat, it
 continues to give off its leavening gas for
 fully half an hour. You cannot expect
 the same results from old fashioned quick-
 acting baking powders. With K C Baking
 Powder you are assured of a light,
 palatable loaf.

Never, never knead baking powder
 bread as one does yeast bread. Turn
 from the mixing bowl into the baking pan.

Follow mixing and baking directions
 carefully. Remember failures are not
 simply bad luck, but bad ways. There
 is a correct, scientific way for building
 baked foods the same as for building
 houses, and unless these rules are followed,
 results cannot be perfect.

R W Clark of West Scio, who re-
 cently bought the Sanders place, was
 trading in town Wednesday.

B T Haley of Lebanon was a
 Scio visitor Saturday and paid
 the News office a pleasant call.

See A W Hagey for the old
 reliable Maher & Grosh pocket
 knives and razors.

Ed Wesely and Forest Woodman
 see will entertain the patrons at the
 picture show next Sunday evening
 with several violin duets.

The time set for the play this even-
 ing at the school house is 8:00 o'clock
 instead of 7:30 as given on the bills.
 "The Heavenly Twins" is a roaring
 comedy which you should not miss.
 Remember the hour, 8 p. m.

Mrs John Wesely, Mrs Julia
 Bilyeu, N I Morrison and Archie
 Ray who went to Medford as
 delegates to the Rebekah and
 Odd Fellow convention, returned
 home Saturday.

The mother of Fred Barth ar-
 rived from Michigan Saturday
 and will keep house for his
 family. Mrs Barth who attempt-
 ed suicide two weeks ago, is
 slowly improving and getting
 along as well as could be expected
 under the circumstances.

S W Gaines, who has the finest,
 earliest and most luscious straw-
 berries of anybody in the county,
 brought the News office the
 makings for a big short cake
 Monday, and we wish to assure
 the Pie Eater that they were
 greatly enjoyed.

WE ARE
Headquarters for

Juicy Steaks and Tender Roasts,
 Pork, Lard, Etc.

HIGHEST CASH PRICES PAID FOR HIDES AND PELTS
McDonald Bros. Scio, Oregon

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POISON

This is the time to buy
 Squirrel Poison
Every Can
Guaranteed

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Round Trip Fares

TO THE

Portland Rose Festival

VIA THE



One and One-third Fare

From all main and branch line points; from points
 on the C & E, S F C & W and I & M.

SALE DATES:

Eugene and all points north, including branch line
 points, June 8 to 13 inclusive; stations south of Eu-
 gene, June 8-9-11-13. Final return limit June 16.

For illustrated booklet on the Rose Festival and
 leaflet giving full program, call on any S P Agent,
 or address:

JOHN M. SCOTT, General Passenger Agent
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