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GILKEY STATION

August 4

The regular meeting of the Farmer's Union was held Saturday night at the home of James Johnston. Those present were: Mr. and Mrs. John Shepherd and son, Mr. and Mrs. J. H. Kelly, Mr. and Mrs. F. W. Mespelt, Leo Zeller, Mr. and Mrs. J. F. Sommer and family, Mr. and Mrs. S. B. Holt and son, Mr. and Mrs. J. G. Holt, Mrs. Minnie Smith, Miss Leona Johnston and the host. After the business meeting, Mr. Johnston and Mrs. S. B. Holt gave a number of selections on the violin and on the piano. Refreshments consisting of ice cream, wafers and punch were served.

A baby boy was born last Wednesday to Mr. and Mrs. Charles Weinberg. He has been named Donald Dwight. Mother and baby are getting along nicely.

Allen Gilkey returned to the home of Mrs. Cora Smith Monday after spending Sunday in Albany with his parents.

A good many from here attended the ice cream social at Crabtree Saturday evening.

O. J. Goar and son Jack returned Sunday evening from a trip to eastern Oregon.

The annual Holt-Ramsdell reunion was held Sunday at Camp Santiam, at Jefferson, as near Jefferson was the home of most of the descendants of these families. There were 94 relatives present. Those present from here were: Mr. and Mrs. T. M. Holt, Mr. and Mrs. J. G. Holt, Mr. and Mrs. S. B. Holt and son, Mr. and Mrs. J. F. Sommer and family.

News From Lyons.

August 4

Mrs. Hal Shelton and children spent the past week at Mt. Pleasant with her mother.

Lawrence Trask and his mother motored to Salem Saturday. Mrs. Terrell and Mrs. Irvine accompanied them.

The J. H. Johnston family were Sunday visitors at the R. W. Peterson home in Salem.

The Joe Barry family were Stavton visitors Sunday.

Mrs. Alden Roberts was among those on the sick list with la grippe the past week.

U. S. Berry and family were Mill City visitors Friday.

Mrs. George and Miss Ella Johnston spent Sunday with relatives in Salem.

Composition of Yeast

Yeast, strictly speaking, is a substance consisting of the cells of certain minute fungi. It appears as a surface froth or as a sediment in fruit juices and other saccharine liquids in which it induces alcoholic fermentation. Yeast is made of millions of minute, simple plants. What is popularly called yeast is a culture of such fungi or plants. Manufacturers cannot "make" yeast in the sense that they can mix chemicals and produce it. Yeast increases only by the multiplication of the fungi cells. In other words, you must have seed yeast to start with. Ordinary cake yeast sold on the market is composed of yeast cultures in other substances pressed into cakes.—Pathfinder Magazine.

Tracing Use of Gas

Natural gas was used in a practical way by the Chinese shortly after the opening of the Christian era for such purposes as the evaporation of salt from brine. It is said that certain houses in Peking were heated—if not lighted—with the gas.

In Europe the first use of gas for commercial purposes dates back to the experiments made by Murdoch, who lighted his home with it in 1792, and to the work carried to a more practical conclusion by Winsor. In the United States the first gas plant was established in Baltimore in 1816, which was followed by one in Boston in 1823 and one in New York in 1825.

Health and Home

CAMPING AND PROBLEM OF FOOD

There is no healthier sport than camping. During the warm and balmy spring and summer days, it is real recreation. To get out in the fresh air and sunshine, free from worry and care, enhances the health of anyone, be he office man, salesman or what not.

But due to the entirely inadequate means of food preservation and refrigeration found in the majority of camps, there is the over-present danger of sickness from infected foods. The utmost care must be taken in order that this may be avoided. Butter and eggs should be bought only as used. The milk is a problem in itself. Perhaps the solution lies in the use of a milk other than market milk, in order that purity and sterility may be assured. For such use, evaporated milk is ideal. Many people are wont to confuse evaporated and condensed milk but there is no similarity between the two. Condensed milk is a combination of sugar and milk and can be used only when both of these substances are desired. Evaporated milk is merely pure, fresh milk with about sixty per cent of the water removed and the nutrient content left intact. It is absolutely sterile and pure, having been sterilized before leaving the factory. The water, removed by evaporation, may be replaced very easily and the milk returned to its original volume. Evaporated milk may be obtained in small cans, containing six ounces or in larger ones containing sixteen and can be taken to the camp in quantities sufficient for the needs of the entire period, thus assuring a constant supply of pure, fresh milk without the worry or the danger attached to the use of the market product.

Following are recipes for a few dishes that are best adapted for camp consumption because of ease of preparation, purity and food value.

Tomato Soup.

1 pint tomato pulp 1 1/2 cups water
or canned tomato 1/2 cup salt and pepper
1 cup milk 1/2 cup fat
1 1/2 cups evaporated milk 1/2 tsp. soda
Bring tomato pulp or soup to the boil, add the seasonings and soda. Heat the milk and water and combine slowly with the tomato mixture.

Stirred Eggs.

1/2 cup evaporated milk 1/2 tsp. paprika
1/2 cup water 4 eggs
1/2 cup fat 2 tbsp. fat
1/2 tsp. pepper Grated cheese
Beat the eggs, add the milk, water and seasonings. Melt the fat in a frying pan. Add the egg mixture and stir until the mixture is creamy. When almost done, sprinkle with grated cheese. Serve on slices of bread, toast or crackers.

CHOOSE CHAIRS FOR COMFORT

There are two important points that you should have in mind when purchasing every chair—the first, a vision of the position the chair is to occupy in the room; and the other, an idea of who is to sit in the chair most—whether it is to be used by a man or woman, by a regular member of the family or an occasional guest.

No doubt most buyers do have the first point in mind, but how many, do you think, give any attention to the latter?

A guest who has dropped in, all furred and hatted, for a short call will generally be much more comfortable in a straight back, rather low chair, without arms, so that she may have perfect freedom when turning from side to side to converse with the different members of the family. Hence we have "reception" chairs.

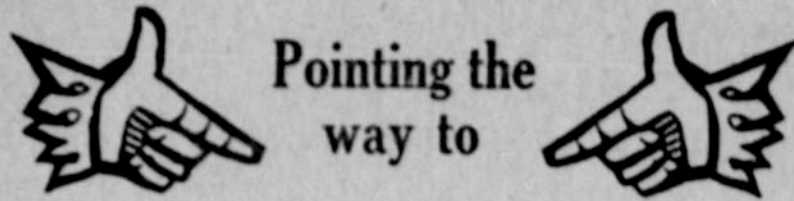
A chair bought for a man should be very different in both shape and size from a woman's. For one thing the seat should be higher and deeper, the back should be constructed differently, and altogether it should be a much more commodious piece of furniture.

Very soft commodious chairs with down cushions are generally liked by men better than women. Perhaps that is because when a woman drops down to rest for a few moments she generally likes to busy herself with some quiet craft—a bit of unfinished sewing or embroidery perhaps—and such chairs are not conducive to activity.

When sitting down to work, a chair with a broad, deep seat, and a high, almost straight back that will sustain us erect will be found to be the most comfortable.

Many people bewail the popularity of the "rocker," even contending that there is no such thing as a comfortable rocking chair, and that it only dissipates the energy and makes for "nervous."

Which brings us up to the point that every chair should be of the most substantial kind, with none too good for constant use; and that only after a chair has been selected to conform to the dimensions of the person who is to sit in it, and answered every test for comfort, can the design and style be considered.



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