

Locals

John Wesely and wife are in Portland on business today.

George Simonds of Sodaville was in Scio on business Monday.

Timber cruisers are cruising the Hammond Lumber Co's timber east of Scio.

Mrs. J. S. Sticha and Miss Vella Brenner were shopping in Salem Monday.

At night after the evening meal is the "weight hour". They read aloud to the family.

Harold Bell Wright's

Interest and best story, "A Son of His Father". Several hundred thousand families are doing this within a week after publication. He once them. \$1.20 a copy at all bookstores. D. Appleton & Company, Publishers, 35 West 57th Street, New York.

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NEXT SUNDAY—MONDAY
Globe - Albany
 August 9-10

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THE PEOPLES STORE
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We pay the highest market price for all farm produce at your farm or at our station.

Scio Independent Cash Produce Co.

Mrs. C. C. Bilyeu and Mrs. Oscar Lindley were in Albany Monday afternoon.

W. W. Harder and wife of Portland spent the week-end at their ranch east of Scio.

Fred Mumper and family drove to Pacific City Saturday evening and returned Sunday evening.

Mrs. E. B. Lukenbach and Frankie Bilyeu expect to go to Newport today for a few days outing.

Mrs. M. Hays and Mrs. D. D. Austin of Albany took dinner with Mrs. P. H. MacDonald Monday.

Mrs. Macel Emery and daughter of Ashland spent Monday night and Tuesday with Mrs. Emery's cousin, Fred T. Bilyeu and family.

Mrs. P. H. MacDonald and her mother, Mrs. Sarah Morris, attended the funeral of Mrs. Killenberger at Lebanon Sunday afternoon.

Fax Thayer and family have returned to their home in Portland after a visit at the home of his parents, Mr. and Mrs. F. T. Thayer.

Word received here is that the tide at Newport will be the lowest the first four days of this week of any time during the season, it going below sea level during this time.

Mrs. Wm. Brenner and daughters, Mrs. J. S. Sticha and Miss Vella Brenner, went to Newport yesterday where Mrs. Brenner will remain for some time for the benefit of her health.

Harry Johnston is home from Albany Prairie, where he has been running a threshing engine. He reports fall wheat as very poor in yield, with spring wheat not yet ready for the thresher.

Now that the county jail is to be made "break" proof, star boarders will probably be scarce. Such desperadoes as bootleggers, highway-automobile thieves and sheriff murders, have found the Linn county jail easy to get out of, but not so any more. This step should have been taken several years ago.

The city council meets tonight in regular session.

D. M. McKnight and family visited at Sodaville Sunday.

Miss Mary Brown of Portland is visiting her cousin, Helen Myers.

Esther McKnight is spending the week with Mrs. A. L. Riddle east of town.

George M. Bilyeu and wife and Charlie Beard are enjoying an outing at Pacific City.

Mrs. Grace Warmack of Long Beach, Calif., is visiting her sister, Mrs. R. L. Hixson.

George Stoddard left Saturday for Buell and other points in Idaho on his annual vacation.

Carl Cyrus and wife and Mrs. Emma Cyrus of Portland spent Sunday at O. B. Cyrus'.

J. D. Densmore and wife attended the baseball game and show in Albany Sunday afternoon and evening.

Mrs. Frances Arnold and son, LeRoy, of Wheeler, Oregon, are visiting Mrs. Arnold's mother, Mrs. N. E. Gill.

Chester Coffey and family of McMinnville spent the week-end with Mrs. Coffey's mother, Mrs. V. A. McKnight.

Pete Kezieh and Bob Sumich of Tacoma arrived yesterday afternoon for a visit at the John Soucek home on route 1.

Mrs. Elsie Werst and three children of Portland are visiting at the home of her parents, Mr. and Mrs. F. T. Thayer.

The Tribune would be glad to hear from those who think a community fair should be held in Scio and when would be the best time.

R. M. Cain, wife and son drove to Portland yesterday afternoon to attend the festivities of Buyers Week. Mrs. J. F. Wesely and Miss Mary Wesely will have charge of the store during their absence.

The democrats of Oregon are just now boosting Sam Garland for U. S. senator. If Bob Stanfield is the standard bearer to succeed himself, and Garland is nominated by the democrats, it's almost sure Garland will be elected.

The roads in this section were never in better condition, and the preliminary work to make the road from Munkers to West Scio a market road has been completed. Then we'll have some road to Green's bridge, you bet.

Henry Bickner and mother and daughter of Oswego spent Sunday with Mrs. Frances Wesely. Mr. and Mrs. R. M. Cain took Mrs. Wesely and her guests for a drive along the upper Thomas creek. Mrs. Bickner is a former resident of Scio.

E. D. Myers, wife and daughter, Helen, and Mrs. Riley Shelton visited the Big Brother farm near Lebanon Sunday afternoon. From their observation, they believe Chester Lyons and wife, who are operating it, are doing a lasting good work for the boys in their care.

Mr. and Mrs. C. M. Donovan and daughter, Mary, went to Corvallis Tuesday. As a parting message to her Scio friends Miss Mary wishes us to say that the chest of silver which they helped her to win will be a constant reminder of pleasant associations during her residence here.

The Goin family held their annual reunion last Sunday at Camp Santiam, Jefferson. A large number were present and a bounteous basket dinner was served at noon, to which all did ample justice. A good time was enjoyed telling reminiscences of days gone by. The Holt-Ramsdell families also held their reunion there, which is told about in the Gilkey items.

Watch Your Diet, Says Prima Donna



Cyrena Van Gordon, prima donna of the Chicago Opera company, believes in the flapper and her privileges. She believes in the practice of this much-discussed person in wearing no corsets. In wearing short skirts, going in for athletics and outdoor life and in thoroughly upsetting the theories and practices of her mother and grandmother. Miss Van Gordon, who is, in private life, Mrs. S. Rogart Munns, the wife of Doctor S. B. Munns, says that all of these things are woman's right and are necessary if a woman is anxious to keep her youth and beauty. But exercise is not the only thing that is necessary for the woman who is desirous of being attractive. She must watch her diet and be careful not to eat anything that will, in any way, be fattening.

There are certain dishes to which Miss Van Gordon is partial and to which she gives the credit for the retention of her beauty. These dishes, she prefers to prepare herself and, when on tour with the Chicago Opera company, she carries a small electric stove in order that she will not be deprived of the food she deems necessary. These dishes are easily prepared. Miss Van Gordon uses for:

- Celery and Cheese Casserole.**
- 1 cup cheese
 - 1 cup chopped celery
 - 1/2 cup evaporated milk
 - 1/2 cup water
 - 2 tsp. flour
 - 1 tsp. butter
 - 1 cup cooked spaghetti
 - 1/2 cup buttered bread crumbs
 - 1/2 tsp. salt

She makes white sauce of milk, water, butter, flour, and salt, and mixes it with all ingredients except crumbs. She then places it in an oiled baking dish and covers with crumbs, baking in a moderate oven until brown.

- Chicken a la Kigg.**
- 2 cups cold chicken, diced
 - 2 tsp. butter
 - 2 tsp. flour
 - 1/2 green pepper, shredded
 - 1/2 pintato, shredded
 - 1 cup evaporated milk
 - 1/2 lb. mushrooms
 - 1 cup chicken broth
 - 1 egg yolk
 - Salt and pepper

Cook the peppers (also mushrooms, if they are used) in the butter for 15 minutes, keeping them covered while cooking slowly. Add the flour and seasonings, also the milk and broth. Stir to a smooth sauce. Put chicken in sauce to heat, and just before serving, stir in beaten egg yolk. Cook in double boiler to prevent curdling.

Influenza Ancient Enemy

Influenza has been known almost as long as man has been known. The word itself is derived from the ancient astrologers, who believed it to be caused by the "influence" of the stars. The disease has been unmistakably traced back to 1580. It was then prevalent in eastern Germany and was known, curiously enough, as sleeping sickness. It appeared again in the Eighteenth century, when epidemics of it were frequent and prolonged in most European countries. Among the famous people of long ago who suffered from it were Sir Isaac Newton, Goethe and Schiller. The great philosopher, Kant, was attacked by it, and he believed it was caused by noxious insects, brought to western Europe as a result of trade with Russia.

Modern Heroine

Barbara was selfish, thirsty for pleasures of the most vulgar sort, amused herself by collecting adorers and treating them badly, was stupid and a liar—in other words, was one of the normal types of healthy young womanhood. I should have been less disturbed by these discoveries if only her face had been different. But with that dazzling and mysteriously lovely face she was a perpetual source of surprise and pain. In Barbara's company I was learning that it is possible to be profoundly and slavishly in love with some one for whom one has no esteem, whom one regards as a bad character, and who, finally, not only makes one unhappy, but bores one.—From "Those Barren Leaves," by Aldous Huxley.

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For Sale—High grade Jerseys, fresh and freshening soon, one or a car load, \$50 and up. See Gerald McDonald, Scio, Oregon. 2p

Notice—Will be in the market for Evergreen Blackberries; will have room in Scio, where we will take care of your Berries at market price. W. E. Burton. c51f

For Sale—Young cow with heifer calf by side. It will pay you dairymen to investigate, as you are not offered a cow like this very often. See E. J. Holland, Scio, Oregon. 52 tf

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