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Do you know that you can

**Dispose**

of a cow in a day, but to

**Produce**

one requires from 2½ to 3 years?

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All kinds of Iron and Brass Castings. Fruit and Hop Furnaces.  
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**ALBANY IRON WORKS**

Engines, Mill and Mining Machinery

Live Rolls, Head Blocks, Log Turners, Log Hauls,  
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Does a General Banking Business. Interest paid on time deposits.

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Sterility, Abortion, T. B. Testing  
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ALBANY, OREGON

**THE KITCHEN CABINET**

(© 1924, Western Newspaper Union.)

The patter of rain on a cottage roof  
Is a sound that I love full well—  
And I love the break of an autumn day  
And the woodland's leafy smell.  
—R. B. Greenwood.

**FOODS FOR FALL DAYS**

The fall days though "saddest of the year," according to the poet, bring vivid trips through the glowing woods and such a variety of good things to eat.

With crisp and nutty celery, the juicy ripe tomato, the succulent green pepper, what a wealth of dishes one may season and combine with them.

When there is a little roast beef left from dinner (not enough to serve in an ordinary way) try the

**Spanish Meat Dish.**—Put a layer of thinly sliced potatoes in the bottom of a baking dish, cover with a thin layer of thinly sliced onion, then spread over the meat in slices or serving-sized pieces with any gravy which is left, cover with a layer of tomatoes, using two or three, if fresh; if canned, a cupful or two, according to the size of the dish. Place in the oven and bake until the potatoes are well cooked. Serve from dish in which it was baked.

**Rich Waffles.**—Add the yolks of three eggs to two cupfuls of cream, one-fourth cupful of sugar, two cupfuls of flour, sifted with a teaspoonful of salt. Stir to a smooth batter, then fold in the stiffly beaten whites. Cook on a hot waffle iron and serve with maple syrup or powdered sugar. Never serve a hot sauce on a crisp waffle. It soaks in and makes it soft and unpalatable.

**Boiled Salad Dressing.**—Beat the yolks of seven eggs until thick and lemon-colored; drop three tablespoonfuls of olive oil slowly, beating well; add one-half cupful of melted butter and continue beating; now add one-half cupful of vinegar and the juice of a lemon. Cook in a double boiler until it coats the spoon. Remove from the heat and sift in the following ingredients, which have been well blended: One and one-half teaspoonfuls of mustard, one-half teaspoonful of white pepper, one-eighth teaspoonful of cayenne, three tablespoonfuls of powdered sugar. Mix well and when using add whipped cream. This is a dressing which keeps well and is always good.

**Molded Fish Salad.**—Flake one-half pound of tuna or salmon. Mix with one cupful of diced celery, one tablespoonful of chopped green pepper, two tablespoonfuls of chopped olives and three-fourths of a cupful of salad dressing. Add two tablespoonfuls of vinegar and season with pepper and salt. Soak two tablespoonfuls of gelatin in one-fourth of a cupful of cold water for five minutes, then dissolve by placing over hot water, stir into the fish and turn into small molds rinsed in cold water and set away to chill. Serve on lettuce and garnish with strips of celery or green pepper.

**Nice Things to Eat.**

A garnish for the game which we will be serving now that the season is open, is the following: Soak large-sized prunes in cold water until soft, remove the pits and wrap each with a very thin slice of bacon that has been sprinkled with cayenne. Skewer with toothpicks and fry in deep fat until brown, or broil under gas.

**Ham Biscuit.**—Prepare baking powder biscuit as usual, add four tablespoonfuls of chopped ham, roll out and cut, bake until brown. Serve with a crisp lettuce salad.

**Fresno Raisin Pie.**—Pour one and one-half cupfuls of boiling water over two cupfuls of seeded raisins and cook five minutes. Mix one-half cupful of sugar, two teaspoonfuls of cornstarch, and a pinch of salt; stir into the raisin mixture and cook until thick. Add one tablespoonful each of orange and lemon rind, four tablespoonfuls of orange juice, one-half cupful of broken walnut meats and a tablespoonful of butter. Pour into a pastry-lined pie plate, cover with pastry and bake in a moderate oven forty minutes.

**Honey Doughnuts.**—Take two eggs, two tablespoonfuls of butter, one and one-half cupfuls of honey, one cupful of sour milk (if sour cream is used take half the butter) one teaspoonful of soda, three cupfuls of flour, two teaspoonfuls of cream of tartar. Fry in deep fat. These doughnuts will keep moist much longer than those made of sugar and sweet milk.

A handful of raisins is a confection which will be enjoyed, is not expensive and is decidedly healthful.

*Nellie Maxwell*

**The Old Standby**  
in a  
**New Dress**

—the same dependable remedy that over a period of more than fifty years has been found so reliable in the treatment of catarrh and diseases of catarrhal nature.

The outside of the package only has been altered. To facilitate packing and reduce breakage in shipping, the paper wrapper which has identified the Pe-ru-na bottle for many years has been displaced by a substantial pasteboard carton.

Pe-ru-na cannot be made any better. Three generations of users testify that Pe-ru-na is the best remedy in the world for catarrh and diseases of catarrhal origin.

The remedy our fathers and grandfathers used with so much satisfaction is still the standby for the ill of everyday in thousands of American homes.

**PE-RU-NA**

The Original and Reliable Remedy for Catarrh

Sold Everywhere  
Tablets or Liquid

Send 4 Cents for booklet on catarrh to the Pe-ru-na Company, Columbus, Ohio

The New Package

**An Unflattering Light**

William Jennings Bryan, a few days before his death in Dayton, said to a correspondent:

"So you think that all this limelight is doing me good, eh? Well, a lot of it makes me feel like a doctor."

"Oh, George," said the doctor's wife, "and so you've actually saved old Mr. Million?"

"Yes," said the doctor. "I'm happy to say old Million is now out of danger."

"Oh, George," she said, "what a marvelous doctor you are. Oh, if I had only known you seven years ago, I'm sure that under your skillful treatment my poor first husband, Harry McMasters, would have been alive today."

**DEMAND "BAYER" ASPIRIN**

Aspirin Marked With "Bayer Cross" Has Been Proved Safe by Millions.

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians for 25 years. Say "Bayer" when you buy Aspirin. Imitations may prove dangerous.—Adv.

**Had Him Coming and Going**

The rather ferocious-looking husband who had taken his wife to the seaside scowled at an amateur photographer and rumbled in a threatening bass voice:

"What d'ye mean, photographin' my wife? I saw ye when ye done it."

The man replied gently:

"You're mistaken, really! I wouldn't think of doing such a thing."

"Ye wouldn't, eh?" said the husband, still savagely. "And why not? She's the handsomest woman on the beach."

Did you ever have a pair of soles outlast the uppers? If not, you have never worn **USKIDIE** Soles. People write that they can't wear USKIDIE out. It is the Wonder Sole for Wear! Made by the world's largest rubber manufacturer, the United States Rubber Company. Comfortable, healthful, waterproof, good-looking. Tell your repairman to put USKIDIE Soles on your shoes. Buy new shoes with USKIDIE Soles. USKIDIE will cut your shoe bills down. Get genuine USKIDIE. The name is on the sole.—Adv.

**Quick Action Saved Hay**

A farmer sitting on his porch at Morrill, Kan., tossed a cigarette stub out into the yard. Instantly a sparrow swooped down upon the stub, picked it up and flew away. The farmer watched and the bird flew straight for the hayloft. The farmer made a hasty search and got the stub before the barn was set on fire.

**Shave With Cuticura Soap**

And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Advertisement.

**Find Dinosaur Tracks**

In the Panther mine of the United States Fuel company, near Salt Lake City, great dinosaur tracks, two and three feet across, have been found. The tracks are in solid sandstone, surrounded by black coal.

**Why Suffer Pain**

from a cut or burn? Cole's Carbolic Salve stops pain instantly and heals quickly without a scar. Keep it handy. All Drugists, 25c and 50c, or J. W. Cole Co., 127 S. Euclid Ave., Oak Park, Ill.—Adv.

**Practical Husband**

"What kind of a bird shall I put on my hat, dear?"

"One with a small bill."

The penalty of bigamy is an excess of mother-in-laws.

**Sure Relief**

**BELLANS**  
FOR  
INDIGESTION  
25 CENTS

6 BELLANS  
Hot water  
Sure Relief

**BELLANS**  
FOR INDIGESTION

25c and 75c Pkgs. Sold Everywhere

**Indispensable**

As safe, soothing and healing dressing for cuts, scalds, burns, roughened, dry and chapped skin and for all common skin troubles, "Vaseline" Petroleum Jelly has been indispensable to medical men and mothers for over half a century. Keep a jar or a tube handy.

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Look for the trade-mark "Vaseline" in your protection.

**Piles Disappear**  
**Peterson's Ointment**

"Please let me tell you," says Peterson, "that for instant relief from the misery of blind, bleeding or itching piles, there is nothing so good as Peterson's Ointment, as thousands have testified." Best for old sores and itching skin. All druggists, 60 cents.

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Removes Dandruff Stops Hair Falling Restores Color and Beauty to Gray and Faded Hair

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