

# Hints for the Home

by Nancy Hart

We have just returned from a vacation spent at an old New England home on the sea-girt coast of Maine, where electric lights and push-buttons formed no part of daily living. But the big, powerful flashlight belonging to the man of the house came to the rescue so frequently that it left with us a most emphatic impression of its usefulness.

How many of you possess a trusty flashlight to point the way over dark roads and paths, or for use at night about the house, for peering into nooks and crannies where the stationary light cannot penetrate—or strolling along the beach after night when rocks and hummocks just lie in wait to stub unwary toes?

Remembering the comfort and convenience of such a light during these past weeks, we are moved to observe that this bit of equipment contributes more genuine service day by day than most household appliances of our acquaintance.

- Economical Menu**
- Cream of Salsify soup
  - Broiled little pig sausages in potato Puff nest
  - Grilled tomatoes
  - Cream slaw
  - Blueberry cobbler
  - Beverage
- Chicken Cutlets**  
(using leftovers)
- 2 cups chopped cooked chicken, 2 tbs. each chopped carrots and green pepper, 1 tsp. salt, 1-2 tsp. pepper, 1 tsp. minced parsley, 1-2 tsp. onion juice, 1 tbs. lemon juice. To 1 cup white sauce add these ingredients and cook 3 minutes. Add 2 eggs well beaten. Remove from fire, cool and shape into cutlets; dip in egg and crumbs and fry in deep fat.
- Pineapple Nut Salad in Tomatoes.**  
Mix 1 cup shredded pineapple with 1 cup chopped nuts and blend with French dressing. Put on ice. Peel and scoop out top of tomatoes; fill with pineapple nut mixture; garnish with mayonnaise and serve very cold.

**Boston Bean Sandwiches**

Press 1-2 cupful of beans through potato ricer; season with 1 tbs. horseradish, 1 tsp. celery, 1 tsp. parsley, both minced fine, 1-2 tsp. onion juice, 1-2 tsp. mustard, dash of Tabasco or Worcestershire sauce. Spread between slices of whole-wheat bread; add crisp lettuce leaf.

## Beauty Secrets

By HELENA RUBINSTEIN.

Give me a look, give me a face That makes simplicity a grace. —Ben Jonson.

This is the time of year when the greatest charm of beauty lies in personal daintiness—the time when perfect immaculacy and freshness are hardest to achieve and most desirable.

When the mercury begins to soar and the heat and humidity combine to make us uncomfortable the woman who can present an appearance of sweet, cool daintiness is the one who is most envied and most admired.

Several baths a day during the warm season are not too many to satisfy our instincts for physical comfort and personal daintiness and well-being. But here an economic problem presents itself. Not everyone can bathe when she chooses during the summer working day. The business girl, for example, cannot take a cool shower and change her clothes at noon or during the oppressive heat of the early afternoon, yet it is quite as important that she should look fresh and dainty in the office as in the evening across her dinner table.

The summer season has presented similar problems since the world began. The Roman matrons, in ancient days, took to the hills when the warm weather began. They had not the advantages of their lordly husbands who could spend the oppressive hours of midday in the cool Public Baths.

Several hundred years later, in the name of personal daintiness, Josephine Bonaparte ordered hundreds of undergarments made for her so that, during the warm weather, she could change each item of clothing she wore three times a day.

Unfortunately for us in these enlightened modern days it is not always possible to follow her exam-

## Heehey Trains For Big Mixup With Campolo



Tom Heehey, Australian heavyweight fighter, getting all set for his scrap with Vittorio Campolo, the Argentine, taking place August 14th in New York.

ple. The pressure of modern business life often makes it impractical. But there are some precautions of summer daintiness which everyone can take.

Everyone can bathe morning or night, or both. Everyone can use some type of deodorant and cooling talcum powder. Fresh clothing can be worn each day, and frequently can be changed at the close of the day.

The business girl can keep a bottle of cool skin tonic and a box of face powder in her office desk. The skin tonic makes an excellent summertime day cleanser and freshener as well. And it also acts as a powder base. The housewife can keep these same aids to daintiness in her pantry or kitchen, so that during the busy morning, or before luncheon time, she, too, can hastily freshen her appearance.

Dr. Clarke, of the Clarke Optical Co., 221 1/2 Washington St., corner 16th, Portland, EYE SIGHT SPECIALISTS, will be in Heppner for two days, Sunday and Monday, August 25 and 26, at Hotel Heppner. SEE HIM ABOUT YOUR EYES.

## FARM POINTERS.

Green feed for both the young poultry stock and the layers is essential during the warm summer weather, says the Oregon experiment station. If sufficient green feed is not available, 5 per cent of a good grade of alfalfa may be mixed in the mash as a substitute.

The time for culling the poultry flock is at hand, says the Oregon experiment station. Poor layers will stop laying in July and August, and it is advisable to remove them from the flock and market them.

Close adherence to grades and standards in marketing vegetables establishes a reliability of dealing between grower and buyer, says the Oregon experiment station. Uniformity of pack and grade of a certain commodity as put up by the grower establishes confidence in him by the buyer, and the buyer can pass this confidence on to the retailer, and finally on to the consumer.

A moist mash fed to the poultry flock at noon during the warm weather will stimulate the fowls' appetite and assist in maintaining production, says the Oregon experiment station.

For Sale—Good Hampshire rams. Prices reasonable. H. D. Scudder, Corvallis, Oregon. 22-24.

# Heart to Heart

By John Joseph Haines M.D.

## SUNDAY

Naturally we don't like to see anything good fall into disuse; at least I feel that way. And what can be more delightful than a day of peaceful rest? Doubtless many say that the seventh day was not set apart by the Creator, but no one can deny the wisdom of the plan, whoever is responsible for it. Conservation of our forces is absolutely necessary to a long, healthful, happy life.

I arrived in the City of New York on Saturday evening, a few years ago. I had never been there before. I was mighty glad when a traffic policeman piloted me across the street in safety; never before had I been surrounded by such a jam!

I concluded that my visit to the great city would be anything but a vacation and post-graduate study. I would put in my time dodging for my very life! And I never liked that.

The next morning was Sunday. I ventured forth, armed with my

camera; the folks back home must get an idea of where I had been—they must see pictures of the vast throngs that brush elbows in an unending stream of humanity.

I went to "The Little Church Around the Corner"; O, the hush—the quiet! After an hour, I went to Broadway; I took a snapshot of the "Flatiron Building"; just one man was crossing the street in front of the camera! It was as calm as a country village! Later, I saw the great arteries—the street railways crowded—people were going to the parks. It was Sunday. That fact had never been so emphasized to me. I enjoyed it.

Why, back in my home town of six thousand, Sundays are the best money-making days of the week! Drug stores, garages, fruit shops, restaurants—all busy—wide open and noisy. How can my home town prosper and grow, unless she works seven days a week? And almost day and night? Yet New York has made a fair sized town, hasn't it? Just one day of rest—why not? Term it God's way, or what you will—it is RIGHT.

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**FEATURES FOR FRIDAY AND SATURDAY**

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1 Pkg. Feet's Washing Powder, 5 Bars Crystal White, 1 4-qt. Aluminum Pan. \$1.45 value for **99c**

**LARD** 8-lb. Pails--Grand Ronde. Per Pail **\$1.45**

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**Quick Quaker Oats** A Reliable Product **Pkg. 10c**

**PRUNES** Sun Maid Fancy Pack **4-lb. pkg. 39c**

**SUPER SUDS** Large Size Package **19c**

**Old Dutch Cleanser** 3 Cans **19c**

**SPECIAL DEAL**  
1 lb. Crescent Baking Powder and 1 egg beater, both **49c**

**SUGAR** C. & H. Fine Cane, 25-lb. Cloth Bag **\$1.79**

**COFFEE** Stone's Supreme Blend **3 lbs. \$1.35**

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