

# Hints for the Home

by Nancy Hart

Did you know that fruits and tomatoes may be canned by the water-bath method, but all non-acid vegetables should be processed under steam pressure at a temperature higher than 212 degrees Fahrenheit, to make sure that all dangerous organisms or bacteria are destroyed. Also, canning is more uniformly successful when food is packed into jars or cans while boiling hot. Under this method the material at the center of the can reaches the necessary high temperature for safe canning much more quickly than when packed cold or uncooked. Shortening the time of processing generally gives better texture, flavor and appearance in the finished product.

### Sunday Night Supper

Honey Dew  
Club Sandwiches Cottage Cheese  
Sliced Peaches with Ice Cream  
Iced Coffee

### Ham-Tomato Toast

1 tbl. chopped onion, 1 tbl. chopped green pepper, 2 tbl. butter, 1 1/2 cups stewed tomatoes, 1/2 cup ground ham, 1 egg. Cook onion and pepper in butter until soft, add tomato, simmer ten minutes. Add ham and egg slightly beaten. Cook until egg has thickened the mixture and pour over crisp buttered toast.

### Lettuce Rolls

Mix thoroughly 1/2 cup raisins, 1 cup cottage cheese and 1/2 cup chopped mayonnaise until mixture is smooth. Season to taste. Spread crisp lettuce leaves thickly with the paste, roll up nut meats. Cream into this 1/2 cup like a jelly-roll and bind with strips of pimento.

### Old-fashioned Vinegar Pie

Beat 1 egg until light, add 1 tea-cup sugar and 1 heaping tsp. flour, beating hard. Then add 1 cup of cold water, 1 tbs. vinegar, nutmeat or cinnamon to taste. Bake in an open crust until firm. Cover with meringue and brown.

### Good Summer Candy

Cook 1 lb. light brown sugar with 1/2 cup honey until it becomes brittle in cold water. Line candy pan with coconut, candied cherries, nut meats, cut in small pieces. Add 1 tbs. lemon juice to the candy just before removing from stove, and pour over the nuts and fruits. When cold, cut in squares.

### Use for Strainer Lid

When cooking a food that scorches easily, try placing it in a strainer lid which will hold it off the bottom of the kettle and still permit the food to boil naturally.

### Reviving Velvet

With a soft brush dust off the velvet, velvetene or plush to be renewed. Then sponge with a weak solution of borax or benzine. If badly soiled, immerse in benzine and shake until dry.

### Prevents Rings when Cleaning

If you will add a little salt to benzene or gasoline used for cleaning fabrics, this will prevent rings or the formation of circles.

### A Laundry Hint

When washing silk handkerchiefs the best results are obtained by using salt water and ironing the handkerchiefs while still wet.

### MORGAN-GRABILL

At a quiet home wedding Tuesday, September 3, at 11:30 a. m., Miss Hazel Grabill became the bride of Edison Morgan. The marriage ceremony was performed by Rev. W. W. Head who used the short but impressive ring service. The bride is the daughter of Mr. and Mrs. T. E. Grabill. She wore a beautiful gown of pink silk crepe Roman and was unattended. The groom is the son of Mr. and Mrs. M. R. Morgan. Immediately after the ceremony Mr. and Mrs. Morgan left by auto for a trip to Portland, the Oregon beaches and other points of interest in the Willamette valley. They will make their home in Ione. These young people have always lived in this community and have a host of friends who wish them well. Only the immediate family of the bride and her uncle and aunt, Mr. and Mrs. John Cochran, were present to witness the marriage vows.



### DRINK MORE MILK

Wise old Mother Nature made milk for children. Into it she put everything needed for sustenance, and in the most easily assimilated form.

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## FISH AND GAME ACTIVITIES

Released by the Oregon State Game Commission, Oregon Bldg., Portland

Members of the department of pathology of the University of Oregon are daily taking their temperatures, checking their respirations and otherwise watching for a possible approach of illness, all due to the fact that they made the mistake of eating a mess of Elk lake fish that were sent them for examination. As one of the methods of determining the origin of the worms that are taking a heavy toll of fish from Elk lake several nice appearing trout were sent to the medical school. They were nicely packed in ice and the employees of the department, all fish hungry, cooked and devoured them. It is thought, however, that no ill effects will result as many infected fish were doubtless eaten with no serious results before the lake was closed to fishing.

The work of determining the source of the worms that infect the stomach of Elk lake fish still goes on through the cooperation of the state game commission and the state board of health. Gulls that flock to the lake were first thought to have carried the worms but they have been given a clean bill of health.

Fines of \$100 and \$50 respectively were levied on Arnold Syverson and Raymond Goodwin of Gates, for killing deer out of season, in the Marion county courts last week. State game warden received a "tip" that the two men had been hunting illegally and made an investigation which caused the arrest of Syverson and brought out his confession that he and Goodwin had recently killed three deer on the mountains back of Gates.

For the purpose of making an investigation of fishing conditions on the lower Rogue river Harold Clifford, state game warden, and Matt Ryckman, superintendent of hatcheries, spent several days in the Gold Hill district last week. Their trip was made on account of numerous complaints made by citizens against alleged illegal fishing.

John L. Farley, executive officer of the fish and game commission of California, spent a day last week with officials of the Oregon game department. He was taken to the Bonneville fish hatchery where he inspected the methods of propagation. Mr. Farley, like many other fish and game officials from various states has high regard for methods employed in Oregon hatcheries.

Unless there is considerable rain before September 15, the scheduled opening of deer hunting season may be postponed by Governor Patterson as was the case last year. In 1928, due to a long dry season which placed Oregon forests in grave danger of serious fires, Governor Patterson and the federal forest service ordered the opening of the season postponed. This announcement came only a few days before the season was due to open and caused some inconvenience to sportsmen. This year, if a delay in the opening is to be made, it is presumed that sufficient time will be given hunters to alter plans made to hunt on September 15. This has been the driest season Oregon has experienced in many years, and while few fires have been started in the forests, federal and state officials will take every precaution to see that the record continues. The recent session of the state legislature changed the date of the opening of deer hunting season from September 10 to September 15.

### Toxin-Antitoxin Proves Enemy of Diphtheria

(From State Board of Health)  
Modern diphtheria prevention has acquired a weapon which has already proved powerful and effective in the battle against this disease. This is toxin-antitoxin, which en-

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### Herb Pennock's Sensational Return to Form



Herb Pennock - his return to form feature of 1929 campaign

HIS MOST OPTIMISTIC FOLLOWERS BELIEVED HIS PITCHING DAYS WERE AT AN END

Last winter it was believed that Herb Pennock's pitching days were over. He contracted neuritis in his pitching arm, and nobody looked for a comeback. But Miller Huggins handled him carefully, and now he's again one of the Yankees' best bets in pitching. His great return to form stands out as one of the big events of the 1929 season.

ables us to immunize and to protect all susceptible persons. The control of this disease is in our hands. Let us not delay in adopting this method of proven value. It is simple, easily applied and without danger. The greatest obstruction today to diphtheria elimination is the delay in using means of prevention.

Toxin-antitoxin is a mixture of diphtheria toxin and of diphtheria antitoxin. The composition is such that the toxin present produces no harmful effects on the body and yet is effective in producing immunity to disease. Toxin-antitoxin is a clear transparent fluid. A good preparation is never cloudy. The mixture is stable for six months and during that time does not deteriorate if kept in a cool place. It has been found that the amount sufficient to produce immunity is usually three doses of one cubic centimeter each, given at intervals of not less than seven days.

The technique of giving toxin-antitoxin consists of sterilizing an ordinary hypodermic and filling it with one cubic centimeter of toxin-antitoxin. The site of injection is prepared by painting with tincture of iodine. It is given subcutaneously in the upper outer part of the arm. In most cases there is no reaction but in some cases there may be redness or swelling at the site of injection. The immunity begins to develop a few weeks after injection but requires from three to seven months to reach its height in all immunized persons. Hundreds of thousands of child-

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ren have already been treated with toxin-antitoxin without any ill effects at all, while among those under five such effects are almost unheard of.

Julian Rauch, Lexington wheat-raiser, was a visitor in the city Saturday. He reports a fair harvest the past season with the grain all deposited at the warehouse.

## No More Gas In Stomach and Bowels

If you wish to be permanently relieved of gas in stomach and bowels, take Basilmann's Gas Tablets, which are prepared especially for stomach gas and all the bad effects resulting from gas pressure. That empty, gnawing feeling at the pit of the stomach will disappear; that anxious, nervous feeling with heart palpitation will vanish, and you will again be able to take a deep breath without discomfort. That drowsy, sleepy feeling after dinner will be replaced by a desire for entertainment. Bloating will cease. Your limbs, arms and fingers will no longer feel cold and "go to sleep" because Basilmann's Gas Tablets prevent gas from interfering with the circulation. Get the genuine, in the yellow package, at any good drug store. Price \$1

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HUMPHREY'S-PATTERSON'S

## Tum-A-Lum Tickler

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Published in the interests of the people of Heppner and vicinity by TUM-A-LUM LUMBER COMPANY Phone 912.

Somebody has discovered that the woman buys and the man pays. Well, you can't expect the woman to do both.

Howdy Folks!—What we need in this town is more rubber checks that will stretch from one Saturday night to the next.

Our wood is easy for the wife to split, nice for the kids to make toys, and burns hot.

Foreman: We don't need any more men on this job.

Job Hunter: Can't you use just one more. I'll do such a little bit of work.

These cold nights make one think about winter and that supply of fuel that should be put in now. Both wood and coal are at our yards.

### The Tenant

"Finds a house  
Takes a chance  
Pays his rent  
In advance;  
Owner sells  
Tenant then  
Starts to hunt  
House again."

A home of your own for this winter. Or remodel the old home and insulate it with Celotex or one of our other insulators and it will pay for itself in the fuel it will save. Ask us for plans and costs.

### Editorial

Which is the dangerous age? It is usually between the cradle and the grave.

ALBERT ADKINS, Editor.

# Schooltime Foods

School time foods must be healthful and nourishing. Wholesome meals prepared from fresh, clean foods are essential to build young bodies strong and sturdy. That's why we invite mothers to buy at MacMarr's. Here you will find just the right foods for children — fresh, nourishing, and body-building. Economically priced, too!

**BANANAS** Fancy Ripe Fruit 3 lbs. 25c

**GREEN PEPPERS** Fine for stuffing 3 lbs. 29c

**Bread BUTTER-NUT** Full Pound Loaves, loaf 5c

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**CHEESE** 5-lb. Brick, Brookfield \$1.59

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