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Don't Worry. Przemysl is Plain Pzheim's!
Przemysl, which the Russians are attacking, according to Lippincott's Gazetteer, the New International Encyclopedia and the Standard dictionary, is pronounced Pzheim's!

The "z" is pronounced "zh" and the "r" is elided by the natural process of rapid enunciation and the tendency to render the consonantal combinations easier to pronounce.

Approaching Danger.
Professors in a Massachusetts college are planning to send means for pacifying their German colleague upon his return from Dresden. "What ever will the village do with a German contact mine floating round on its usually glossy surface?" the professors are asking. "We don't want him exploding on the sidewalk."—Communicated.

Anybody can dye successfully with Putnam Fadeless Dyes.

Grouchy.
"I understand Paris dressmakers are going to discontinue the use of 'Nonense!' exclaimed Mr. Growcher. "As fashions are going, there won't be enough of them to make room for a copyright notice."—Washington Star.

ground, all buried beneath several feet of earth. It was evident that they had been sunk into the ground by their own weight more than a century ago. The Philip street ground was the burial place of early settlers from 1630. The most ancient stone was of April, 1666, erected over the grave of Maud Graves. Two others are of that century, six are of the years 1708, 1712, 1734, 1737, 1747, while one is of the year 1801.

Close Quarters.
Normandie—Can you dress within your income?
Bartram—Yes, but it's like dressing in an upper berth.—Pennsylvania Punch Bowl.

WAS MISERABLE COULDN'T STAND
Testifies She Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Lackawanna, N. Y.—"After my first child was born I felt very miserable and my feet were so swollen that I could not stand on my feet. My sister-in-law wished me to take Lydia E. Pinkham's Vegetable Compound and my nerves became firm, appetite good, rest elastic, and I lost that weak, tired feeling. That was six years ago and I have had three fine healthy children since. For female troubles I always take Lydia E. Pinkham's Vegetable Compound and it works like a charm. I do all my own work."—Mrs. A. F. KREMER, 1574 Electric Avenue, Lackawanna, N. Y.

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If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

P. N. U. No. 40, 1914
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VILLA DECLARES WAR ON MEXICO

Sonora and Chihuahua States Again in Revolt.

First Chief Orders Railway Closed as Precautionary Measure— Rebels Get Munitions.

El Paso, Texas—General Francisco Villa, dominant leader in Northern Mexico, has denounced the central government headed by Venustiano Carranza and announced his independence in a statement sent to the Associated Press.

This placed the state of Chihuahua in open revolt against the party in power at Mexico City as well as Sonora, the next border state to the west, where Governor Maytorena previously has proclaimed his independence of the constitutional party as represented by Carranza.

Villa agents sent several carloads of munitions as well as troops to assist Governor Maytorena, of Sonora, who is in open revolt against Carranza. This was followed later, according to reports received here, by the sending of 500,000 pesos in Villa paper currency to Maytorena officials.

This money, it was said, was being placed in circulation in that part of Sonora dominated by the Maytorena forces to absorb the constitutionalist or Carranzaist.

General Obregon, one of the Carranza adherents, who heads the Northwestern military zone of which Sonora is a part, remained at Chihuahua City, said persons arriving from the South. He was reported last week to have been arrested by Villa.

Telegrams received here several days ago signed with Obregon's name said that he was returning at once to the national capital. It was declared officially that Obregon was held a prisoner at Villa's house in Chihuahua.

All available troops under Villa's command were rushed to meet what was reported as a strong force of Carranza troops moving north from Zacatecas. Even the two brigades which were sent on an overland march into Sonora to assist the Maytorena revolt were recalled hurriedly. They passed through Juarez on their way back to Chihuahua City, Villa's capital.

WORLD-WIDE MISERY IS CAUSED BY EUROPEAN WAR

New York—Commerce in every spot in the world has been seriously affected by the European war, say belated reports from missions established throughout the world by the Presbyterian church.

West Africa is facing a critical situation; Syria is in utter hopelessness; Persia is chaotic, especially in financial circles; missionaries in India are unable to receive outside financial aid; Chilean industry is prostrated and the country is in a pitiable plight; the poor in Guatemala have been driven by hunger to confiscate the food stores of the wealthy. Such are the sombre pictures of some of the mission fields revealed by Dr. A. W. Halsey, secretary of the Presbyterian board of foreign missions.

Epidemic of Cholera Discovered Among Austrians

Venice—Nine cases of Asiatic cholera have been discovered among the wounded soldiers in Hungary, according to an official announcement by the Hungarian minister of the interior. The announcement has excited great apprehension throughout the dual monarchy.

It is learned here that the first suspected case of cholera in Hungary was that of a soldier, who was brought, on September 15, to Bekessaba from the Galician battlefield. The bacteriological examination clearly showed Asiatic cholera.

The patient was immediately isolated. Since then eight other cases have been discovered, also among the wounded who returned from Galicia. One case was found at Munkacs, another at Tokad (Tokay) and six at Dumaszerdahely, in Pressburg, immediately on the Austrian border, within an hour's ride of Vienna.

Vienna is awaiting with keen anxiety, news of the progress of the fighting against the Russians and Servians.

Venezuelans in Revolt.

Port of Spain, Trinidad—It is reported here that Venezuelan revolutionists under Horatio du Charme surprised the Venezuelan government forces at Cano, Colorado, a port of entry in the former state of Bermudez, inflicting a defeat, after which they captured Guanoeco. Du Charme later repulsed the government troops sent against him. The rising against the government, according to advices received here, appears to be well supported in the region where the hostilities have occurred.

Kaiser Loses 104,589 Men.

Berlin—The total German casualties in dead, wounded and missing, as officially reported to date, are 104,589. The casualty list announced Monday adds a total of 10,527 casualties to those previously announced. The total casualty list is as follows: Dead, 15,674; wounded, 65,908; missing, 23,907. According to a letter from an officer of the German auxiliary cruiser Kaiser Wilhelm der Grosse, this vessel was not sunk by the British cruiser High Flyer, as was asserted, but was blown up when her ammunition was gone.

Loyal Troops Mobilizing.

Brownsville, Tex.—General mobilization of troops in Northern Mexico loyal to General Carranza is under way at Monterrey, according to reports current in Matamoros, opposite Brownsville. The Matamoros garrison departed suddenly for Monterrey with the explanation from officers that all troops were being returned to their native states and that state troops would replace them.

Hoarding Cash by Banks Is Denounced by McAdoo

Washington, D. C.—Secretary McAdoo has adopted stringent measures to urge National banks to extend legitimate credit and charge normal interest rates on loans. He telegraphed to ten National banks in the four reserve cities in the South that their requests for additional crop-moving funds from the Federal government would not be granted at this time, and made it clear that his action was taken in connection with reports of excessive interest rates and restriction of credits.

In a statement made public with the telegram Mr. McAdoo declared that there was an extraordinary hoarding of money by banks throughout the country in piling up reserves without occasion. He said reports to the controller of the currency showed that money-hoarding had been carried on by banks to an extreme degree, and announced that he expected to focus attention on the guilty banks by issuing a daily list of those with excessive reserves.

Although the Federal government has no power over state banks or trust companies, the secretary explained that state superintendents would be asked to furnish available information on money-hoarding in such institutions. He characterized money-hoarding by banks as the agency most likely to impair confidence and injure business.

London Watches Sky for Attacks by Air Craft

London—England is becoming more and more apprehensive about German aeroplanes and Zeppelins. Preparations have been made in the English capital against such an attack.

It is generally conceded that Zeppelins could hardly make a trip over as well defended a country as London in the daytime because of the guns on high buildings. At night the flight of a Zeppelin over London would be comparatively easy.

For weeks lights about Buckingham Palace have not been lighted and within the last few days only about one-third of the London street lights have been turned on. Stores, theaters, hotels and other public places have been asked through the newspapers to reduce their lights to the minimum that London may not offer a bright glow for the guidance of aerial navigators.

Masonic Sign Said to Have Saved 50 From Execution

Ostend—The power of Freemasonry is illustrated by a story told here by a citizen of Louvain, with the Masonic sign, says he saved 50 of his fellow citizens from being shot to death by German troops.

This group of citizens, according to the recital of the Belgian Mason, had been lined up for execution. The German firing party had aimed their rifles when the narrator gave a Masonic sign. The German officer commanding the firing squad happened to belong to the craft. He recognized a brother Mason and ordered the Louvain Freemason to leave the ranks. This meant sparing his life.

The Louvain citizen, however, refused, saying: "My fellow citizens are no more guilty than I am. If you are going to kill them, I shall be killed with them."

The German officer then ordered the release of the entire party.

Red Cross Society Said to Be Scamped by Wounded

New York—The number of those wounded in battle in Europe is already in the hundreds of thousands. The hospitals and churches of Paris and Berlin and cottages on the battlefield are filled, and many other wounded lie exposed in trenches, according to Ernest P. Bicknell, national director of the American Red Cross, who arrived here on the steamship Olympic, from Liverpool. Mr. Bicknell, who left New York on the battleship Tennessee, the American vessel which carried gold to Americans in need in Europe, spent several weeks observing conditions in the countries at war, and said: "The truth is," Mr. Bicknell said, "that over the thousands of square miles already battle-swept there have been left almost countless thousands of men helpless from ghastly wounds. Some have been gathered into trains by the Red Cross surgeons and nurses and taken to hospitals in the larger cities.

"Let no man imagine the American Red Cross can do too much or enough. Nurses and nurses are needed in more and more, and also medical and hospital supplies."

India Loyal to Britain.

London—"Germany made a mistake about India, as it did about Ireland. And anybody who counts on India to be false to England in a time of crop-panic." In these words his highness Aga Khan, recognized temporal leader of 60,000,000 Indian Mohammedans, summed up the Indian empire's status in the world war. Aga Khan has directed the Khoja Moslems, who number millions, and over whom he is spiritual and temporal head, to place their personal services and resources at the disposal of the government.

Russians Run to Shelter.

Berlin (via wireless to Sayville, L. I.)—Special dispatches from the Eastern fighting zone report that General von Hindenburg pursued the Russians until they reached the guns of a fortress. The Kovno roads are reported to be quagmires. Correspondents assert they personally saw at Wirballen a Russian train of 40 or 50 cars bearing a Red Cross insignia loaded with rifles and artillery ammunition. It is officially said the Russians lost in the battles near Tannenberg 92,000 men captured and 150,000 killed.

Cathedral Ordered Spared.

New York—Count Von Bernstorff, the German ambassador to the United States, received the following wireless dispatch from the German office at Berlin: "The German government states officially, in contradiction of the Havas Agency report that the German artillery purposely destroyed important buildings in Rheims, that orders were given to spare the cathedral in all means.

NORTHWEST MARKET REPORTS.

Portland—Oregon hops sold this week at the highest price of the season. McNett Bros. bought 133 bales of fuggelias, 184 to 194 cent. One hundred bales of this quality were obtained from a local dealer and the remainder was the Cooper lot at Independence.

Several dealers were in the market, but found growers very firm. A bid of 17 cents on 250 bales of West Side hops was turned down by the owner. It is said a number of purchases of inferior grades and of small lots over contacts have been bought at 14 and 15 cents, but holders of good hops are not disposed to sell them under 18 cents.

Apples are moving better. The market is in good shape for fancy stock, and as prices are reasonable the demand is growing. Fancy apples are quoted at \$1.25 to \$1.50 and choice at 75 cents to \$1. The season for Gravensteins is drawing to a close and Kings, Jonathans, Twenty Onees, Snows and that class are coming to the front. The trade looks for a heavy local consumption of apples as soon as summer fruits are off the market.

The Canadian apple crop is not going to be the menace to Northwestern apples on Eastern markets that was predicted a few weeks ago, according to Walter M. Dickerson, who has just returned from Canada. Several weeks ago the opinion was freely expressed that the crop would be because of the big apple crop generally, including Canada, and the curtailment of Canadian apple exports by the European war, Canadian apples would seek an outlet in the United States in competition with apples grown here.

Wheat—Bid: Bluestem, \$1.03 per bushel; forty-fold, 96c; club, 94c; red Russian, 90c; red Rife, 90c.

Oats—Bid: No. 1 white feed, \$26.25 per ton; No. 2, \$25.00.

Barley—Bid: No. 1 feed, \$21.50 per ton; brewing, \$22.

Milfeed—Spot prices: Bran, \$26@26.50 per ton; shorts, \$29@29.25; rolled barley, \$28.

Corn—Whole, \$38 per ton; cracked, \$39.

Hay—Old timothy, Eastern Oregon, \$15@16 per ton; new crop timothy, valley, \$12.50@13; grain hay, \$10@11; alfalfa, \$13@15.

Eggs—Fresh Oregon ranch, case count, 30@31c per dozen; candled, 33@35c.

Poultry—Hens, 13@14c; springs, 14@14c; turkeys, young, 22c; ducks, 10@10c; geese, 11@12c.

Butter—Creamery prints, extras, 35c per pound; cubes, 31@32c.

Pork—Block, 11@11c per pound.

Veal—Fancy, 13c per pound.

Vegetables—Cucumbers, 50c per box; eggplant, 7c per pound; peppers, 6@7c; artichokes, 85c@1 per dozen; tomatoes, 50@65c per sack; cabbage, 12c per pound; peas, 5@6c; beans, 4@6c; corn, 75c@1 per sack; celery, 50@85c per dozen; cauliflower, \$1.25 @1.75; asparagus, \$2.25 per box; sprouts, 10c per pound.

Onions—Yellow, \$1@1.25 per sack.

Green Fruits—Apples, new, 50c@1.50 per box; cantaloupes, \$1@1.50 per crate; casabas, \$1.25@1.50 per dozen; pears, \$1@1.50; peaches, 45@70c per box; grapes, 75c@1.50 per crate.

Potatoes—Oregon, \$1.50 per sack; Yakima, \$1.50; sweets, 2c per pound.

Hops—1914 crop, 17@18c per pound; 1913 crop, nominal.

Wool—Valley, 18@20c per pound; Eastern Oregon, 16@20c; mohair, 1914 clip, 27c per pound.

Cascara bark—Old and new, 4c per pound.

Cattle—Prime steers, \$7@7.25; choice, \$6.50@6.75; medium, \$6.25@6.50; choice cows, \$6@6.25; medium, \$5.25@5.75; heifers, \$5.50@6.25; calves, \$6@8.50; bulls, \$3@4.75; stags, \$4.50@6.

Hogs—Light, \$8@8.25; heavy, \$7@7.25.

Sheep—Wethers, \$4@5.40; ewes, \$3.50@4.50; lambs, \$4@5.50.

Seattle—Yakima potatoes are so common on the streets that the trade was supplied wholly from White Rivers, which jumped to the unusual level of \$30. There was not a sack of Eastern Washington spuds on the entire avenue. Growers were paid \$22 in less than carload lots for White Rivers. It is thought that the scarcity of Yakima is due to the recent rains, which have prevented digging. It is a consoling idea for the street to hug to its bosom, but there is no escape from the fact that growers are sweating and in furthering this plan are withholding shipments from the market with the evident determination to cause a rise.

The apple trade is very brisk, with the choice of buyers running strongly to cooking stock. Frequent sales in lots of twenty-five boxes were made. There is little call as yet for eating stock. Jonathans are in demand and Winter Bananas enjoy a liberal movement. The life of the apple trade is due to the disappearance of peaches and pears. Only a few Elbertas are available and these sell up to 65c. Bartlett pears have gone for the season. Idaho and Fall Butters are arriving in good commercial lots.

Eggs—Select ranch, 35@36c dozen.

Poultry—Live hens, 10@15c pound; 14c roosters, 10c; 1914 broilers, 13@14c; ducklings, 10@12c; geese, 10c.

Guinea fowl, \$9 per dozen.

Dressed Pork—100% 11c per pound.

Dressed Beef—Prime beef steers, 12@12c per pound; cows, 11@12c; heifers, 12c.

Apples—New, cooking, 75c@1 per box; Gravensteins, \$1@1.25; Jonathans, \$1.25@1.50; Winter Bananas, \$1.75; Kings, 75c@1.

Crabapples—40c@1 per box.

Cranberries—\$3.75 per barrel.

Grapes—Malagas, \$1 per crate; Tokays, 90c@1; Concord, 25c per basket.

Pears—Bartlett, \$1.50@1.75 per box; Seckle, 50@60c.

Peaches—50@60c per crate.

Figs—50c@1 per crate.

Dressed Beef—Prime beef steers, 12@12c per pound; cows, 11@12c; heifers, 12c.

Dressed Veal—15c per pound.

Dressed Hogs—Whole, packing house, 14c per pound.

Dressed Spring Lamb—12@13c per pound.

Dressed Mutton—9@11c per pound.

GINGER IN SUMMER SALADS

Welcome for its Digestive as Well as Its Refreshing Qualities—Served in Grape Fruit.

Ginger is so refreshing in flavor and so stimulating to the digestion that it is a favorite ingredient in summer salads and desserts. An unusual fruit salad, suited to molding in halves of oranges or grapefruit, is strongly flavored with ginger ale and has bits of Canton ginger mixed with the fruit.

The recipe calls for two tablespoonsful of granulated gelatin softened in two tablespoonsful of cold water and then dissolved in a quarter of a cupful of boiling water. To this add one cupful of ginger ale, the juice of one large lemon and two tablespoonsful of sugar. When the mixture begins to stiffen stir in a variety of diced fruits, with bits of orange or grapefruit pulp and chopped nuts. This can be served with mayonnaise dressing as a salad or with whipped cream as a dessert.

A pretty way of serving individual portions is to mold the ginger and fruit salad in halves of large grapefruit. When ready to serve divide each half so that each portion shall represent quarter the size of the original grapefruit and the fruit jelly shall have a rim of grapefruit peel only where it would come in contact with the plate.

Any fruit salad mixture can be given a pleasant pungent flavor by the addition of bits of crystallized ginger. A small quantity of the syrup drained from preserved ginger makes a novel and appetizing addition to any dressing intended to be served with a fruit salad.

CARE OF CARPET SWEEPER

Proper Handling Will Greatly Prolong Its Life and Keep It Always Ready for Immediate Use.

As the carpet sweeper is such an important item in my domestic work I am very careful about it, writes a correspondent of the Philadelphia Ledger. After each sweeping I take it to the back porch, dump it on a newspaper and turn the broom, brush side up, flat on the floor. I have an old whisk broom cut straight across so that the bristles are very stiff. With this broom I sweep the brush of the sweeper backward and forward. As the bristles are put into the rod in a curved line, the brush slowly revolves as the broom is applied. I sometimes dip the brush in kerosene, which also removes some of the dust from the bristles and keeps them in good condition. I oil bearings of my sweeper frequently, and if there are any threads or hair at either end, I do not tear it away, but cut with a scissors. Sometimes I use an old comb to comb the bristles before putting the sweeper away. This seems a good deal of care, but I find that it pays, and that a perfectly working sweeper is my best friend.

Fig and Nut Jelly.

Wash a cup of pulled figs in cold water. Put over slow fire with two cups of cold water and stew figs until tender. Skim out figs and to the juice add one-half cup of sugar and boil until it is like thin syrup (there should be one cup of liquid). Chop figs and one-quarter cup of shelled pecans not very fine. Soak one-half cup of gelatin in one cup of cold water for half an hour. To the gelatin add one-half teaspoonful of lemon juice and to the fig syrup add one-half cup of boiling water. Strain through fine sieve or piece of cheesecloth. When nearly set add nuts and figs. Turn into molds and set in cool place for three hours. Serve with whipped cream.

Gingerbread Without Butter.

Beat three eggs well, then add one and one-half cupsful of molasses and three quarters of a cupful each of sour milk and brown sugar. Sift a tablespoonful of ginger and one teaspoonful each of cinnamon, baking powder and soda with three cupfuls of flour. Stir into the liquid mixture, pour into a shallow pan and bake in a moderate oven about forty minutes.

Lettuce Hint.

To remove the leaves of a head of lettuce without tearing them, tear or cut out the stalk so that the ends of the leaves are free, and plunge head downward into cold water. After remaining there five or ten minutes the water will fill in between the leaves so that they will readily fall apart.

To Test Bread Dough.

To test light bread dough and make sure as to whether it has risen sufficiently for baking, press the finger in the dough. If the hole remains the dough is in proper condition; if the dough rises and fills the indentation this shows that it is in a condition to continue rising.

Fried Scallops.

Parboil in hot, salted water for five minutes; drain and set them upon ice to get cold and firm. Roll them in sifted flour, next in beaten eggs, then in fine bread crumbs. Set on ice for half an hour and fry in boiling, deep fat which has been gradually heated to the boil.

Cleaning Oriental Rugs.

Oriental rugs may be cleaned very well with the aid of a vacuum cleaner, as it does not pull out the nap, as beating is apt to do. The cleaner should, however, be rolled up and down the rug with the nap rather than across.

To Keep Peanut Butter Moist.

Always keep the peanut butter jar turned upside down when on the cupboard shelf, which insures the last of it being as oily as the first instead of dry and hard, as is usually the case when it stands upright.

SOME CHERRY RECIPES

DELICACIES WITH THIS FRUIT AS A FOUNDATION.

Flavor Is Improved by Cooking—Excellent Served With Tapioca—Candied Cherries One of the Finest of Confections.

Cherries are among the fruits that are much improved by cooking. Somehow they lose none of their freshness, and are rendered much juicier and more toothsome by slight cooking. Here are some recipes that make use of them:

Cherry Tapioca.—To make a delicious cherry pudding soak one small cupful of tapioca in water over night. In the morning add a pinch of salt and cook until clear. Then add but for the size of an egg, and one cupful of stoned cherries (the sour cherries are preferable). Add to this a half cupful of cherry wine or a little lemon juice and sugar to taste. Flavor with vanilla, and bake until bubbles appear on the top. Serve very cold with whipped cream.

Cherry Pie.—Line a pie plate with rich pastry. Stone the cherries and fill the pie dish. Then pour over them four tablespoonfuls of molasses and dust over all one tablespoonful of flour. Put on an upper crust and bake one-half hour in a moderate oven. When cool dust the top with a generous sprinkling of powdered sugar.

Candied Cherries.—To make a delicious confection, wash, stem and pit one pound of large, firm cherries, putting a pound of sugar to one pound of the fruit. Boil the juice and the sugar to a very thick sirup. Put the cherries in this sirup and let them simmer—not boil—for ten minutes. Then set them away in the sirup until the next day. Then take the cherries out of the sirup and put them in a deep dish. Let the sirup boil up once and pour over the cherries. This operation should be repeated for three mornings. On the fourth morning boil the sirup almost to the thickness of candy, dip the cherries in it and let them get thoroughly coated, then place them separately on flat dishes and dry.

Cherry Cordial.—Very ripe cherries make the best cordial. Bruise the fruit and mash through a colander, sweeten to taste and boil for ten minutes, then strain. Boil again until perfectly clear, skimming off occasionally. To every quart of the cherry juice add one gill of pure brandy. Seal the bottles tightly and keep in a cool dark place until ready to use.

Germany Cherry Pie.—Make a cherry pie as usual, but omit the upper crust. When almost done, beat one egg until very light, and add to it one scant half cupful of rich cream. Pour this mixture over the top of the pie. Put the pie back in the oven and bake until the custard is set. This makes a very attractive as well as an appetizing dish.

Fruit Salad.—Here is a delightful recipe that calls for fresh cherries. For a course in a warm-weather luncheon it is very good. Either the large white or the red cherries may be used, and it is most effective to mix the two colors. The fruit should be stoned without breaking the fruit, and in the place of each stone is placed a nut meat. Hazel nuts are the easiest to use, but any sort will do. The cherries should then be spread on lettuce leaves and used, or they may be stewed with sugar, water and a little lemon juice.

Cream Pie.

A cream and banana pie is very rich, but it has only one crust and so has a minimum of the least desirable element of pies. To make it heat together in a granite saucepan the mashed pulp of two very ripe bananas with the yolks of three eggs, beaten; sugar and nutmeg to taste, a heaping teaspoonful of butter and enough milk and sherry, or just milk, to make a thick mixture. Pour it into a deep-dish lined with crust and then fold in the whites of two eggs, beaten stiff. Bake rather slowly, chill and serve with or without whipped cream.

Beef Heart With Rice.

Select a fresh beef heart, and after cleansing and cutting away the tough parts, boil until tender in salted water. With a sharp knife cut in small cubes and put these in an agateware saucepan with an onion and half a green sweet pepper minced fine. When these have boiled until tender, fry some small bits of bacon or salt pork in a saucepan, and add the beef heart. Have ready a platter of nicely boiled rice. Arrange the beef heart around the dish as a border and sprinkle with paprika before serving.

Delicious Soup.

Take bones and trimmings from a sirloin steak; put over fire after breakfast in three quarts of water; boil steadily until an hour before dinner, when add two onions, one carrot, three common sized potatoes, all sliced; some parsley cut fine, a red pepper and salt to taste. This makes a delicious soup sufficient for three persons. All soups are more palatable seasoned with onions and red pepper, using the seeds of the latter with care, as they are very strong.

Creamed Spinach.

Wash, cook, drain and chop fine one-half peck of spinach. In a saucepan add one tablespoonful of butter, one teaspoonful of salt and one-third teaspoonful of pepper and cook for two minutes. Gradually stir in three-fourths of a cupful of rich milk until smoothly thickened, add the spinach, draw to one side and simmer gently for ten minutes. Serve on toast.

Salmon Sandwiches.

Cut some very thin rounds of brown bread, but do not butter them. Flake enough mayonnaise to moisten it well, season with salt, cayenne, and mace, and pound it fairly smooth—not to a paste. Spread it on the bread, cover with thin slices of cucumber, then with another slice of bread, press together and cut into neat shapes. These are very nice for picnics.

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