

Cheap Picnic Lunch Easily Achieved by Bit of Forethought

(By the Bureau of Home Economics, U. S. Department of Agriculture). An all day picnic with both lunch can be achieved on a low cost food budget, says the Bureau of Home Economics of the U. S. Department of Agriculture. It will take careful planning, but there will be fun in it.

Perhaps the best plan is to have one hot and one cold meal for the all day picnic, with the hot meal preferably in the evening, the bureau points out. But if you are carrying fresh meat without a portable refrigerator, the hot meal should be at noon, for, without ice, it will not be wise to keep the meat until evening.

All the necessary provisions and equipment can be carried in a knapsack, basket or old suitcase. Paper napkins, plates, and cups, old knives and forks and spoons, a can opener, a pot to make the coffee in, and a light weight skillet are equipment enough for a simple picnic.

For the de luxe picnic there are special containers to keep foods crisp and palatable. But roughing it has its advantages in the satisfaction to be gained from a brief excursion back to more primitive housekeeping days. With the aid of a skillet and a pot for the coffee, a satisfying and delicious supper of cold meat loaf, fried apples, corn on the cob, and coffee can be cooked over an open fire. The chances are that it will taste twice as good as would the same meal served at home.

None of the hot foods in this picnic supper require a roaring fire. The corn will take longest to cook. The ears, by the way, should be dipped in water before being laid on the broiler or grate. During the 30 minutes or so that it takes to cook, the corn should be turned occasionally so that the ears cook on all sides. Many picnic grounds are equipped with grates or open fireplaces so it is seldom necessary to carry one from home. But corn can also be cooked right in the fire much as potatoes are baked, the husks taking the place of the moist covering of the latter. When the corn is about half done the fried apples should be started at one edge of the fire and the coffee at another. Doughnuts and bread and butter sandwiches brought from home complete this supper, which is as delicious as it is inexpensive.

For lunch the bureau suggests making sandwiches of lettuce and sardines, the large variety of which are packed in tomato sauce and which sell for about ten cents a pound can. These carry well, as do the sticks of raw fresh cucumbers and carrots which the bureau suggests as a relish. These are cut from the vegetables in finger lengths and wrapped in waxed paper at home or they may be cut at picnic grounds. When dipped in salt and pepper they offer a pleasant variety to the usual picnic relish of pickles. Quarters of sliced tomatoes, with peaches for dessert make an adequate balance for this lunch.

MOON of DELIGHT by Margaret Bell Houston

SYNOPSIS: Disguised as a Turkish soldier, Juanita, daughter of a gambler, enters a gambling parlor, where she is virtually a prisoner. His threat to report her to the police, Juanita, who has found her, is effective. Conchita seems a sympathetic servant, as does her son, Gabreau, who protects her from Umberto's unendurable advances. Divitt and his wife, Molly, are not unkind to the lovely newcomer, who has aroused the interest of the socially elect Kirk Stanard and his roulette-loving grandmother. At a certain point, Juanita, who has been her friend, Rio Ledbetter, who speaks Turkish, has promised to lift the girl's veil. She then plans a visit to the rendezvous, including the girl's guest, one Juanita, of Mexico City, to join them.

Chapter 7
ENTER SENOR BASARA
JUANITA was dressing when Gabreau knocked softly on her door. It was the signal for her to descend to the parlors, but it did not disturb her. Not since the night Umberto and Gabreau had fought in her room had any fear come to her. In the week that had passed since then Umberto had been helpless in bed with what had seemed at first a broken neck. Gabreau's hands, however, had stopped just this side of murder, and Umberto would be about the place again.

Juanita braided the pearls in her hair and went over to the window, for Gabreau, having knocked, stopped there as if to speak with her. The window was open now, Juanita no longer sealed herself in during these hot days and nights. Gabreau's red goblin suit fitted him like his own skin. The cut from Umberto's knife, healing on his cheek, gave to his face a look half ludicrous, half tragic.

He unrolled a paper in his hand—a picture of the Madonna he had found somewhere. A chromo, highly colored, yet an appealing face. Even Juanita could not fail to observe its resemblance to her own. She was silent, meeting Gabreau's worshiping eyes. "Pierre down street is gon' frame it for me," he said.

After a pause Juanita asked the time. "It is nine o'clock. Lots of people is come already. Adrian Fouché and the old lady what git excited and her son." His eyes narrowed. "Shall I keel Adrian Fouché?" "No, Gabreau. The men don't worry me."

"Eef dey do—" Gabreau's eyes said the rest. "Umberto git up tonight. Umberto will not worry you, no."

Juanita watched Gabreau go down the stair. It was true, Umberto would not worry her, for Umberto feared Divitt as well as Gabreau. Even Gabreau need not fear Umberto's stab in the back; because of that Umberto would never have come into her room, had she not opened her door to him. Molly had called next evening, bringing some clothes for her.

"It's no use, honey," Molly had told her while she lay recovering from the hardest 14 hours' sleep she had ever known. "Divitt and I know. You thought Umberto was Gabreau and let him in. Course Umberto didn't let you thought that. Does it surprise you I know it? Why, Umberto saw you try the gate. Then that night in the parlors when you saw Gabreau you went to him like a shot. And what he was sayin' to you wasn't about the cigarettes."

"Gabreau would set fire to the French quarter if you told him to. But what would happen to him if he let you loose to get us in trouble?" "I said wait till the señor comes," Adrian repeated angrily. "Can't I even tell the lady 'good evening'?" Inquired the man, and smiling again at Juanita, "Hannem offend," he said. "Arkadasin siz cok beyeniyor, zandersem benide siz seve bilirdim." He returned to Adrian who had listened with anxiety. "I merely informed the lady that my friend likes her very much but I think I could like her myself."

Juanita smiled, extending the cigarette tray. Divitt had taken Gabreau's place behind the roulette wheel. Juanita knew that he missed nothing.

"The señor has come," Adrian remarked, and Juanita glanced toward the door. A dark, portly man was entering, a man with a frown carved between thick black brows. Juanita, staring, leaned against the table. Then as he came toward them, turned as if to leave.

(Copyright, Dodd, Mead & Co.)
Basara! A trap! Tomorrow, Juanita gets out of a trying situation by a kiss, well invested.

SUNDOWN STORIES



THEIR AWAKENING

By Mary Graham Bonner.

They awoke from their naps and Mid-August came over to them. Oh, it was beautiful awakening in the field. The sky above them was so blue. In the distance they heard the sounds from a farm—now and again a cow gave a yawning "moo."

"The bees now buzzed a little more noisily and the blossoms blew a little more excitedly as mid-August told them that her guests were awake once more."

"And now," said the Little Black Clock, "we're going to meet some of the golden birds who're flying around the decorations on your wreath, Mid-August, and then we must have some of Mid-August's refreshments."

She smiled and said that they surely must have some of her refreshments, and John and Peggy thought it was wonderful that Mid-August didn't say anything sharp or harsh such as "Why don't you wait to be asked?"

"Come along, my little golden birds, come down off the wreath on my head and tell about yourselves and your ways."

"They love my time of the year, too," she added.

So the golden birds came down from the wreath that was about the head of Mid-August, and settling themselves on some twigs and stumps and wild flowers began to tell their stories.

But first of all they sang for John and Peggy, and their song made the children think of essay birds.

BELLEVUE

BELLEVUE, Ore., Aug. 21.—(Sp.)—Bellview school house is being cleaned and repaired, preparatory to opening school September 13. J. H. Williams and his brother-in-law, Mr. McCorkle, are doing the work.

Joe Gregory, who is building a cottage on the coast, will return home next week.

Mrs. W. L. Huxley was honored on her birthday last Friday at a dinner given by her sister, Mrs. Edw. Huxley. After dinner the guests enjoyed several intelligence tests and games. Besides the honor guest, Mrs. Huxley, Mrs. M. M. Tucker, Mrs. Ada Gander, Mrs. Eva Walton, Mrs. Stella Williams of Ashland, Mrs. Mark True of Bellview, Mrs. Ed Huxley and daughter Mildred, of Three Hills, Canada, enjoyed Mrs. Sewell's hospitality.

Mrs. Archie Kincaid gave a party Friday for a niece and nephew, Margaret and Newton Fruit, from McMinnville, who are visiting here, and for her son Leslie, whose birthday anniversary occurred Friday. Guests were: Dorothy Bechtel, Robert Bechtel, Harriet Bevington, Newton Fruit, Margaret Fruit, June Elam, Ruth Elam, Alberta Thomas, Helen Thomas, Carl Feighe, Edna Feighe, Herbert Tucker, Paddy Davis, Daisy Kincaid, Eunice Kincaid, Leslie Kincaid, Mrs. Mattie Fruit, Mrs. Frank Feighe, and Mrs. Hazel Thomas.

Mr. and Mrs. E. P. Koble, who were residents of Bellview last winter, have returned and will live on the A. W. Pound place, which they have lately purchased. They have sold their ranch which they bought in the Coquille district and are busy preparing their exhibits for the school and club fair at the fair grounds September 18 and 19. Mrs. Bertha McKinney, leader of the camp cookery club, was elected president of the county leaders organization, and Miss Lola Talbot was made publicity agent. Bellview has more 4-H clubs than any other district in the county. A demonstrator team from the cooking 11 club and a team from the Canning 1 club will compete at the fair.

Mr. and Mrs. Sanford are enjoying a visit from their son William, who is a junior in the University of Arizona.

Mrs. S. C. Williamson is leaving soon for Los Angeles, where Mrs. Williamson is already in business. Mrs. Williamson is an officer and an active worker in the Upper Valley Community club and her friends are sorry to have her leave the community.

Mr. and Mrs. Elmer Powers and children of Medford were guests at the B. E. Bell home Sunday. The Powers family were residents of this district last winter.

Mrs. Ora Jones and son Judson, of Jackson, Cal., arrived Sunday for a visit at the W. L. Huxley home. Monday the Huxleys entertained their guests at a picnic dinner in Lithia park. Mr. and Mrs. Ed Huxley and daughter Mildred of Three Hills, and Mrs. James Sewell family also participated in the picnic at the park. Mrs. Jones and Judson left Tuesday for their home.

Mr. and Mrs. Bert Robinson, former residents of Bellview but now of Applegate, called on old friends Tuesday.

Miss Cora Newhouse and Marietta Whitney entertained eight of their girl friends with a morning swimming party at the Twin Pinnacles, and a waffle breakfast at the Newhouse home.

Early Crawford peaches on the Martin ranch and on the Rivers orchard have been harvested. A ready market was found for all of this fruit. The Muir peaches are just beginning to ripen and in a few days the Eberts will be on, while the Hales ripen a little later. The fruit is very good this year even though there has been a shortage of water.

SAMS VALLEY

SAMS VALLEY, Ore., Aug. 21.—(Sp.)—Mr. and Mrs. I. E. Southworth and children of Burns arrived Thursday to spend a week as house guests of Mr. and Mrs. Peter Buerson.

Basl Higham and Don Seegmiller are home after spending several months employed on a stock ranch in northern California.

Several from this district attended the funeral of E. L. Frink at the Antioch cemetery Monday morning, where Chas. Fredenburg conducted the services.

Bob Fowler, county club leader, was out from Medford Wednesday to meet with the Livestock club at the Dick Straus place.

MAIL TRIBUNE DAILY CROSS-WORD PUZZLE

ACROSS

1. Give
2. Mohammedan nobles
3. Accomplished public speaker
4. Sarcinal poem
5. Kill
6. Small pavilion
7. Vessel for water travel
8. Long fish
9. Insects
10. Vowel prefix
11. In case that
12. Center of the solar system
13. King of Judaea at the time of Christ's birth
14. At some
15. Mentally unbalanced
16. Footlike part
17. Feminine name
18. Charles Lamb's pen name
19. Substance used in building
20. Adheres closely
21. Malicious
22. Vase of flowers
23. Stinging insects
24. Fairy
25. Undermine
26. Plumes
27. Level surface
28. Male child
29. Silly creature
30. That is: abbr.
31. Preiding of a leader's mail
32. Contemptible person
33. Comparative ending
34. Incline the mouth
35. Ship which defeated the Merrimac
36. Mast
37. Title of a dream
38. Fail to hit
39. Egg dish
40. Riddle
41. Mercantile establishment
42. Down
43. Sad
44. Pertaining to the mouth
45. Negative vote
46. Occupying the exact position of
47. Sign
48. Great Lake
49. Passageway
50. Manufacturer
51. Type measure

DOWN

1. Flow back
2. Tumultuous disorder
3. Frightening
4. French river
5. Nuf the same
6. A home of the
7. Purcuse
8. Makes dirty
9. Hazing frolic
10. Fall in drops
11. Pope's triple crown
12. Cooking vessel
13. Follow
14. Front of the foot
15. Head covering
16. Water vapor
17. Withers
18. Upper house of Congress
19. Pike-like fish
20. A bone of the skull
21. Celestial visitor
22. Matron
23. Urochins
24. Military assistant
25. Thing
26. Russian village
27. Community
28. Fiftieth
29. Artificial language

WILLOW SPRINGS

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Word has been received from Niagara, N. D., that Mr. and Mrs. Frank Thompkins, who have spent the last three months in the middle west, are starting for Oregon.

Mr. and Mrs. John Catey, who for the past two years have resided across Bear creek, are moving into their own place near the pine grove.

Field brothers began picking tomatoes Wednesday for the catnip factory and are employing a number of pickers.

The Clyde Richmond family were pleasantly surprised Wednesday by a visit from Mr. and Mrs. Richard Wallace of Los Angeles, en route home from Montana. Mr. Wallace and Mrs. Richmond are cousins and had not seen each other in 15 years.

Mrs. Tillie Audrain and son Phillip of San Francisco returned home last Friday after six weeks with Mrs. Audrain's uncle, A. V. Carlson. While here they were also guests of Mr. and Mrs. Sam Anderson and enjoyed many pleasure trips to points of interest.

O. H. Young of Wenatchee, Wash., is visiting his brother, M. F. Young, and family.

The J. W. Elden family motored to Casey's camp Sunday and enjoyed a day's outing.

Mr. and Mrs. Henry Wolf and party of Chiloquin called Wednesday at the W. K. Parker home, en route to the Illinois valley on a fishing and camping trip.

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A DINING-ROOM TRAGEDY!

TABLES spread with delicious food, most of it soft, highly refined—lacking in the "balls" and iron from your body must have to keep well and strong.

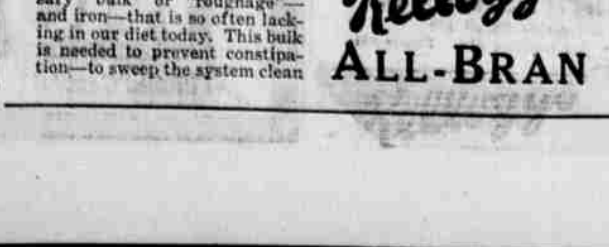
This is the dining-room tragedy that occurs daily in millions of homes. No wonder most people suffer from constipation. No wonder headaches, backaches, and dull days are frequent!

Just add one delicious food to your table—and you will help correct all this suffering. ALL-BRAN'S ALL-BRAN in some form every day.

ALL-BRAN does the necessary "balk" or "roughage"—and iron—that is so often lacking in our diet today. This bulk is needed to prevent constipation—to sweep the system clean of poisonous wastes—to exercise the intestines and keep them healthy.

ALL-BRAN is delicious as a cereal with milk or cream. Sprinkle over other cereals or use in cooking.

Two tablespoonfuls daily are guaranteed to relieve both temporary and recurring constipation. In severe cases with each meal. At your grocer's—in the red-and-green package. Made by Kellogg in Battle Creek.



PUFFY

This sudden change from warmth to cold" says Puffy, "confuses me. When I left Panama I longed for some ice cream, you see. I still want that, but also I should like a nice, hot drink. There ought to be a coffee ice cream soda, don't you think?"

WILLIAMS CREEK

WILLIAMS CREEK, Ore., Aug. 21.—(Special.) Williams Grange met Aug. 15. One was given the first and second degree work. The delicious birthday cake was baked by Mrs. Clyde Davidson. Two were present whose birthday is in August, Thelma Wilkinson and Mrs. Arline Sorrels.

Mrs. A. O. Edwards left for Los Angeles last week to visit her parents and other relatives.

Mrs. Gibson who is just home from the Grants Pass hospital is spending a few days with Mrs. A. L. Blodgett while recuperating.

Mrs. Ada Pierce of Grants Pass, spent a few days with her sister, Mrs. Taylor Hartley, this week.

Mrs. Johnston and small son of Los Angeles spent the last two weeks with her sister, Mrs. Emory Butts. They visited Crater Lake Wednesday.

Mr. Holland of Williams left Wednesday for Los Angeles on a business trip.

Mr. and Mrs. Art Woolfolk and Johnnie Nutter of Grants Pass and Roscoe Lemmon of Ashland spent several days with their grandparents. Mr. and Mrs. John Lettekin this week.

Mrs. R. F. Lewman is chaperoning a camping party on Grayback this week.

Ben Moller of the Williams store has installed a ten-foot electric refrigerator counter where fresh meats

EXPLAIN SIMILARITY OF ROASTING PRODUCE AND HOUR-GLASS

Hills Bros' Patented Produces a Fine, Even Because Coffee Beans Through the Roasting Little at a Time

A stream of sand sifting globe on top through a neck into a corresponding the bottom... that's an analogy just as its accuracy upon an even, continuous, less, uniform flow. Hills Bros' Coffee is produced by the Roasting—Hills Bros' process that roasts evenly, usually... a little at a time.

Temperature and flow through the roasters are carefully controlled with this As a result, every bean is to the degree that assures flavor in every pound. Roasting methods seldom achieve this.

It is Controlled Roasting gives Hills Bros. Coffee a richer coffee has. Hills Bros. Coffee. It is packed in cans. Air, which destroys coffee, is removed and replaced with these cans. Even ordinary tight" cans won't keep coffee. But Hills Bros. Coffee is Order some today. Ask for name, and look for the Hills Bros. Coffee, Inc. mark on the can.

Hills Bros. Coffee, Inc. Francisco, California.

WHY SHOULD ANY MAN OR WOMAN HAVE GRAY HAIR?

Nature Will Keep Your Hair Youthful Shade and Free of Gray

LIFELESS GRAY HAIR REGAINS OLD BEAUTY

Everybody knows if color glands and hair roots are healthy and active, the hair will continue indefinitely a rich, natural color entirely free of gray or streaked locks.

A doctor several years ago asked himself this question: If I can stimulate digestion, liver, heart, etc. with a tonic, why not put a stimulating tonic into the scalp that will revive those inactive glands so nature in her own natural way will resume putting plenty of pigment into the hair tubes—surely the hair will then resume its original beautiful shades of youth regardless of user's age or previous condition of their hair.

REMARKABLE DISCOVERY

The doctor's search led to endless experiments. He didn't use a dye or tint, and it, of course, must be harmless even if a person used it many years. Under the name Lea's Hair Tonic anyone may now purchase the tonic he finally perfected. For several years hairdressers, scattered over the country, have been using it. Results are so nice and gradual men used it too. It doesn't stain the scalp, and at a test one need only apply it to some small spot a few days to watch results. Shampoo as often as desired.

Most people are first induced to try Lea's gray hair but it primarily was intended as a tonic to put the scalp, hair roots, pigment glands and hair in a healthy, vigorous condition. Of course with a healthy scalp comes a change in the appearance of hair and a restoration of the natural shade of brown, red, black, auburn, or blonde. There are some three thousand shades of color in human hair—no dye expert can paint one's hair as exquisitely as nature. Lea's remedy stimulates nature to renewed activity, puts nature back on the job, you might say, and the tint she imparts to your hair, once the scalp, roots and glands become healthy is natural. What is more beautiful or becoming than that nature's own choice of shade to match your eyes, complexion and beauty.

SEE WHAT USERS SAY ON THE RIGHT

If a reader desires to try Lea's Hair Tonic on guarantee of complete satisfaction they should get a bottle at drug store or pin dollar bill to this advertisement and send to Lea's Tonic Co., Brentwood, Md., for generous size bottle, full directions.

Experts cannot detect the use of Lea's Hair Tonic.

HER HAIR WAS DRY, FELL OUT IN HANDS

Dandruff, Itchy Scalp, Gray Hair Worries This Lady

NEW TONIC FIXED

"My hair was streaked, lifeless. Dandruff also bothered me and my hair fell out all over my head. I began using Lea's Hair Tonic after using Lea's Hair Tonic. My scalp feels fine, dandruff is gone, my hair seems to be growing again. It is dark and luxuriant and began to fall out." writes Bernger, Box 25, Clippert, Wash.

"I'm tickled with the appearance and condition of my hair. It's so simple to use no wash is without Lea's Hair Tonic." Read the article on the one above—then obtain a bottle of your drug store, or write to Lea's Tonic Co., Brentwood, Md.

IT RESTORED MY HAIR TO NATURAL COLOR AND BEAUTY

Previously Used Other Tonic, but Lea's Tonic Is the Best

"Two years of more and more dandruff. Results came quickly. My hair went right back to its youthful color and then grew and scalp in perfect condition." Josephine Weeber, 2114 Virginia Street, Washington.

Read article on left and then obtain one at drug store or pin dollar bill to this advertisement and send to Lea's Tonic Co., Brentwood, Md. for generous size bottle, full directions. Made by Kellogg in Battle Creek.

GRAY HAIR GONE STOPPED DANDRUFF ITCHY SCALP ALSO

Los Angeles User Says That Tonic Does All That Is Claimed and More

"I suffered with dandruff, itchy scalp and my hair was prematurely gray—a detestable shade of gray—

KELLOGG'S ALL-BRAN

ALL-BRAN is delicious as a cereal with milk or cream. Sprinkle over other cereals or use in cooking.

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