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G. J. WENTZELL, Pastor.

FIRST BAPTIST CHURCH OF LAKEVIEW—Preaching service at 11 A M and 7:30 P M on 1st and 3rd Sun. Sunday School at 10 A M. Junior Society at 2:30 P M. Baptist Young People's Union at 6:30 P M on each Sunday. Prayer Meeting at 7:30 P M Wednesday evening. Everybody invited to attend all services.
REV. H. SMITH, Pastor.

CATHOLIC CHURCH—EVERY SUNDAY MASS and Benediction at 10 o'clock a. m. Sunday school after Benediction. Week day Mass at 7:00 a.m.
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FIRST BAPTIST CHURCH OF GOOSE LAKE at New Pine Creek, Oregon. Preaching services at 11 A M and 7:30 P M of each Sunday of every month. Sunday School at 10 A M. Prayer Service at 7:30 on Wednesday evening of each week. All are cordially invited to attend the services.
REV. L. E. HENDERSON.

LODGE DIRECTORY

A. O. U. W.—LAKEVIEW LODGE NO. 111. Meets every second and fourth Thursday of each month, in Masonic Hall, Lakeview. Chas. Tonnlingsen, W.M.; Wm. Gunther, F.

DEGREE OF HONOR—LAKESHORE Lodge No. 77, D. of H., A. O. U. W., Meets first and third Thursdays of each month in Hall; Etta Fox, C. of H.; Mary Post L. of H.; Mamie McCulley, C. of C.; Cora Greene Recorder.

I. O. O. F.—LAKEVIEW LODGE, No. O. F., meets every Saturday evening in Fellows Hall, at 7:30 o'clock, from October 1 to April 1, and at 8 o'clock from April 1 to September 30. A. E. Cheney, N. G.; [illegible] Cheney, Secretary

I. O. O. F.—LAKEVIEW ENCAMPMENT NO. 1 I. O. O. F., meets the first and third Thursday evenings of each month in Odd Fellows Hall, Lakeview. C. D. Arthur, C. P., A. H. Hammersley, Scribe.

REBEKAH LODGE—LAKEVIEW LODGE, No. 22, I. O. O. F., meets the second and fourth Fridays of each month in Odd Fellows Hall. Mrs. Edna Miller, N. G.; Mrs. Mary Ahlstrom V. G.; Mrs. M. D. Moss, Secretary; Mrs. Ale Bunting, Treasurer.

O. E. S. ORIENTAL CHAPTER, NO 5, LAKEview, Oregon.—Meets on Tuesday, on or before full moon and two weeks thereafter, in Masonic Hall, at 7:30 o'clock.
Visiting members are cordially invited.
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IDA UEBACH, secretary

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LAKEVIEW OREGON

Hughes' Presence Desired

Every inducement is to be offered to Governor Charles E. Hughes, the anti-graft Executive of New York, to deliver the keynote speech at the Republican State Assembly to be held for Oregon on July 21. An invitation has gone forward from the officers of the state central committee, and is to be supplemented by all the pressure which can be concentrated on the man whose platform is so closely allied with that of the Republicans of Oregon.

It is believed by the Oregonian that Governor Hughes can be induced to accept, and that his presence will stimulate the "get together" spirit strongly apparent in the state at this time. Should he do so, the address will probably be among the last words the fighting chief of the Empire State will deliver on party matters.

Governor Hughes will assume his position on the Supreme Court bench in October. After that time he will, in defence to the ethics of the law, refrain from active participation in politics.

As the nominal head of the party in New York, Governor Hughes has declared in favor of the system of nominating candidates which will be followed by the Republican party of Oregon this year. He indorses the primary system of direct nominations, and sturdily contends for the assembly for the purpose of suggesting candidates and declaring the platform of the party.

Insurgents vs. Cannon

That all danger of another insurgent onslaught on Cannon is over for this session is intimated by insurgent leaders here. A Washington Dispatch says, organization leaders are breathing a little easier and it is hoped that the final work of Congress can be hurried and the end of the session reached without any more open clashes between the two factions. Following a campaign plan outlined some time ago, the insurgents have decided to save Cannon for re-election material, and the battle against the speaker and his rules will be transferred to the stump during September and October.

There is a double reason for the move. It is declared by political leaders. It is believed that the fight against Cannon will be the spectacular and interesting feature the insurgents can get hold of, and it is further believed that if he were ousted now the insurgents might be accused of too close affiliation with the Democrats.

Since any movement against the speaker depends on Democratic help, the insurgents fear that a fight on him before the fall campaign might give the "regulars" too much campaign ammunition.

Curing Fatigue

Discovery of an antitoxin for fatigue has been announced in Germany by Dr. W. Weichardt, lecturer at the University of Erlangden. He claims to have discovered the poison that is liberated in the human tissues by the breaking down resulting from effort, and that he has found the natural antidote for it, which the body itself provides. He has succeeded in some remarkable experiments in producing both fatigue and restoration from fatigue, in animals inoculated, first with the fatigue, toxin and afterward with his antitoxin. He noted that all animals show increase of endurance, following rest after work. He argued that this indicated an overproduction of an element in the blood, capable of neutralizing the fatigue poison. Deducing that this element could be isolated, and that the bodies of animals could be made to produce it in usual quantities, he experimented till he accomplished those results. His success has been so remarkable that it has attracted wide attention, and promising results have been attained in treatment of serious disease by other scientists.

Traveling Trees

In connection with a recent demand of German nurserymen for seeds of the Montana larch, to be planted in Germany the curious fact is brought out that white pine seedlings are to be imported from Germany to be planted in the province of Ontario, Canada. Now the white pine is indigenos to America, and was transplanted to Europe many years ago to reinforce, the forests there. It has flourished so well in the Old World that it now appears that the German nurserymen are able to deliver white pine seedling on this side of the ocean more cheaply than American nurserymen will furnish them. The interchange of trees among the various continents is a most interesting development of modern civilizaion. Besides the white pine, Europe has taken from us the Douglas fir and the black walnuts, and we have taken the eucalyptus from Australia and the Norway spruce and Scotch and Austrian pine from Europe.

ART OF CANNING VEGETABLES IN THE HOME

Department of Agriculture Issues Timely Bulletin Tending to Lower High Cost of Living to Thrifty Housewives

The problem of the high cost of living will continue to confront the busy housewife and the home provider for many years to come. In fact, like the poor, it promises to be always with us. There is no possibility of avoiding it altogether, but among the means to be suggested for reducing expenses that should engage the attention of the thrifty at this time is the art of canning fruit and vegetables. For those who raise their own "garden sauce" this may effect a very large saving in the winter expenses, and also provides a most welcome variety of foods.

It is generally supposed that the canning of vegetables is beyond the average amateur, but in a recent farmer's bulletin issued from the Department of Agriculture, it is shown that it is not a difficult matter after all the conditions are learned and complied with. This bulletin, entitled, "Canning Vegetable in the home", and written by J. F. Breazeale, make the following statements:

The great secret of canning or preserving lies in complete sterilization. The air we breathe, the water we drink, all fruits and vegetables, are teeming with minute forms of life which we call bacteria, or molds, or germs. These germs are practically the sole cause of decomposition or rotting. The exclusion of air from canned articles, which was formerly supposed to be so important, is unnecessary provided the air is sterile or free from germs. The exclusion of air is necessary only because in excluding air we exclude the germ. In other words, air which has been sterilized or free from germs by heat or mechanical means can be passed continually over canned articles without affecting them in the least. If a glass bottle be filled with some vegetables which ordinarily spoils very rapdly—for intance string beans—and, instead of a cork, it is stoppered with a thick plug of raw cotton and heated until all germ life is destroyed, the beans will keep indefinately. The air can readily pass through the plug of cotton while the germs from the outside air cannot pass through, but are caught and held in it meshes. This shows that the germs and their spores or seeds are the only causes of spoilage that we have to deal with in canning.

Bacteria are much more resistant to heat than yeasts. They thrive in products like milk and in meats and vegetables rich in protein, such as peas, beans, etc. All known species of molds require airin which to work. This is not true of bacteria, certain species of which will live and cause vegetables to decompose even when no air is on safeguard against decay, unless the vegetables is first thoroughly sterilized.. Bacteria are so small that they can be seen only with a microscope, and they reproduce themselves, with amazing rapidity. One bacterium under favoralbe conditions will produce about twenty millions in the course of twenty four hours. Accordingly certain vegetables spoil more rapidly then others because they furnish a better medium for bacterial growth.

The reproduction of bacteria is brought about by one or two processes. The germ either divides itself into two parts making two bacteria where one existed before, reproduces itself by means of spores. These spores may be compared with the seeds of an ordinary plant and they present the chief difficulty in canning vegetables. While the parent bacteria may be readily killed at the temperature of boiling water, and seeds retain their vitality for a long time at that temperature, and upon boiling will germinate and the newely formed bacteria will begin their distructive work. Therefore, it is necessary, in order to completely sterilize a vegetable, to heat it to the boiling point of water and keep it at that temperature for about one hour, upon two or three successive days, or else keep it at the temperature of boiling water for a long period of time—about five hours. The process of boiling on successive days is the fne that is always employed in scientific work and is much to be prefered. The boiling on the first day kills all the molds and practically all of the bacteria, but does not kill the spores or seeds.

As soon as the jar cools the seeds germinate and a fresh crop of bacteria begin work, upon the second day kills this crop of bacteria before they have had time to develope spores. The boiling upon the third day is not always necessary, but it is advisable to be sure that the sterilization is complete. Among scientists this is called fractional sterilization, and this principle constitutes the whole secret of canning. If the housewife will only bear this in mind, she will be able with a little ingenuity to can any meat, fruit or vegetable.

The first requisite for successful canning is a good jar. Glass is the most satisfactory. Tin is more or less soluable in the juices of fruits and vegetables. Even the most improved styles of cans which are lacquered on the outside to prevent the juice from coming in contact with the tin are open to this objection.

There are a great many kinds of glass jars on the market, many of them possessing certain distinct points of advantage. The screw top, or Mason, is the one in most common use. Although cheap in price, these are the most expensive in the long run. The tops last a few years, and being cheaply made, the breakage is usually greater than that of a better grade of jar. The tops also furnish an excellent hiding place for germs, which makes sterilization very difficult. The most satisfactory jar that the writer has had any experience with has a rubber ring and glass top which is held in place by a simple wire spring. There are several brands of these jars on the market, so no difficulty should be experienced in obtaining them. Vegetables often spoil after being sterilized because of the defective rubbers. It is poor economy to buy cheap rubbers or to use them a second time. As a general rule, black rubbers are more durable than white ones.

Buy a good grade of jars. The best quality usally retails at from a dollar to a dollar and twenty five cents a dozen. The initial expense may be therefore, somewhat high but with proper care they should last many years. The annual breakage should be less than three per cent on the average. In selecting a jar always give preference to those having wide mouths. In canning whole fruit or vegetables and cleaning jars with wide mouths will be found decidedly preferable.

The writer uses a tin cloths boiler with a false bottom made of wire netting cut to fit it. The netting is made of medium sized galvanized wire with one half inch mesh. A false bottom is absolutely necessary, as the jars will break if set flat upon the bottom of the boiler. narrow strips, straw or anything of this nature, may be used for the purpose, but the wire gauze is clean and convenient.

There are several varieties of patent steamers or steam cookers in common use. These have one or two doors and hold a dozen or more glass jars. they are ideal for canning, but they are somewhat expensive and can easily be dispensed with. A common ham boiler or clothes boiler with a tight fitting cover will answer every purpose.

The first step in successful canning is the selection and preparation of the vegetables. Never attempt to can any vegetable that has matured and has commenced to harden or one that has commened to decay. As a general rule young vegetables are superior in flavor and texture to the more matured ones. This is especially true of string beans, okra and asparagus. Vegetables are better if gathered in the early morning while the dew is still on them. If it is impossible to can them immediately do not allow them to wither, but put them in cold water or in cold, damp place until you are ready forthem. Do your canning in a well swept and well dusted room. This will tend to reduce the number of spores floating about and lessen the chances of inoculation.

In filling jars pack them full of vegetables, add about one teaspoonful of salt to a quart, and fill up with cold water and put on glass cover quite losely in order to allow the steam to escape. place the false bottom in the boiler, and place the jars so there will be ample space between them. Do not put in more than three inches of water, as it is the hot steam that is to do the cooking. Bring the water to a boil and keep it there for about an hour. At the end of that time remove the cover of the boiler and allow the steam to escape. Then tighten the cover to prevent the the air from entering and allow them to stand until the next day. Repeat the operation a second and third time.

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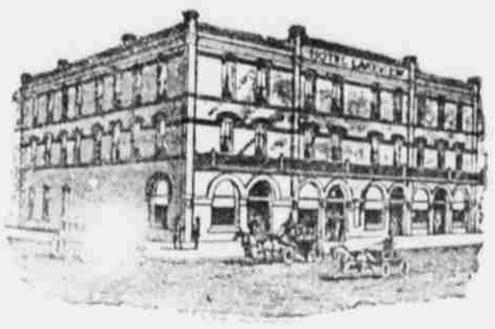

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