

# Health and Home

THE WOMAN WHO WORKS

In this new order of things, with women, both married and single, broadening their business activities, a very serious problem arises. It is the problem of what, when, and where to eat.

Breakfast is always a hurry-up meal for the men but much more so for the woman who goes to business. Lunches, of course, are taken in the lunchrooms and restaurants in the business districts and are no problem. But how about dinners? Shall they, too, be restaurant meals or can they be so planned that business women may enjoy the home cooking of which they are so fond? Take away the element of haste and anxiety and in its place put carefully thought-out menus, well planned and easily prepared, and home dinners will again regain their high favor with the working housewife.

One of the big worries is frequently with the milk. Did it come? Is it fresh? Is it frozen? Has the milkman been paid? Are the bottles washed and set out? However, there is no cause for worry about milk. Why not keep a dozen cans of evaporated milk in your pantry? There are large cans, equal to a quart of milk and smaller cans that will meet the lesser needs.

For evaporated milk is just pure, fresh milk with more than half the water missing. This water can be replaced in a jiffy, if you so desire or you can use it as cream if rich and creamy foods are desired.

Here are a few recipes that may be used by "The Woman Who Works" for formulating her plans for self help and good home cooking.

### Scalloped Ham and Potatoes.

- 1 pound smoked ham
- 1 1/2 cups water
- 6 medium potatoes
- 1 1/2 cups evaporated milk
- 1 green pepper
- (may be omitted)
- Flour

Cover the bottom of an oiled baking dish with sliced, raw potatoes. Sprinkle with flour and pieces of ham 1/2 inch square. Repeat until dish is full. Fill dish 3/4 full of diluted milk. Bake until potatoes are tender.

### Eggs en Casserole.

- 4 hard-boiled eggs
- 3 tomatoes
- 2 tbsp. butter
- 2 tsp. flour
- 2 tsp. salt
- 1/2 cup evaporated milk
- 1/2 cup water
- 1/2 cup grated cheese
- Buttered crumbs

Cut hard-boiled eggs in half and arrange around the edge of a greased casserole. Slice tomatoes in center of dish. Make a white sauce of the milk, water, fat and flour. Add cheese and stir over a low fire until cheese is well mixed and smooth. Pour over tomatoes and eggs. Cover with crumbs and bake twenty minutes in a moderate oven.

### Novel Knitted Coats That Simulate Fur



Here is a picture that tells all of the fascinating story of one of those new knitted coats that simulate fur. At first glance in some of them it is hard to believe that they are a product of knitting machines, but they are, and so are their collars, cuffs and trimmings, which look so much like some natural furs. These coats are ideal

are long knitted fancy stitches, in the fur patterns are made in long coats, in white and

the Vernonia because it persons who commodities, the advs. for it's the reason in the Eagle.

# Mac Says

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In 1810, one fair; in 1925, two thousand fairs.

In 1810, an attendance of about five thousand; in 1925 an estimated attendance of approximately twenty five million.

These figures in a nutshell, tell the story of the marvelous growth of the American fair from the humblest beginning to its present-day status as an important factor in agricultural education. They are of especial interest here in view of the approaching Deer Island fair which will be held September 9 to 11.

While the fair idea has been taken hold of tremendously in the United States, it is not native to this country. Fairs run back to ancient days but in the olden times they were more after the manner of a bazaar or market, only held with less frequency, very much like the fairs in vogue in Germany and other European countries today. The American fair traces its ancestry back only to about the middle of the eighteenth century, when a group of progressive farmers in the Tees River valley in northeastern Britain joined to bring their livestock together for comparison. It has been termed the first agricultural fair and was the model after which were patterned the hundreds of country fairs both here and in England.

### Origin of Fairs.

Elkanah Watson of New York has been credited with being the father of the American fair. In 1815 Watson organized the agricultural society of Albany, New York and proceeded to establish fairs and cattle shows in the neighboring counties. In 1819, due mainly to his influence, the New York legislature appropriated ten thousand dollars a year for six years for premiums on agricultural and home manufacture products. In 1832 the state agricultural society was founded and work started in other eastern states. But while Watson was busy converting farmers and legislators to the value of fairs, the Columbia Agricultural

society held what is believed to be the first exhibition of its kind in Washington, D. C., in 1810.

Pittsfield, Mass., shortly thereafter inaugurated regular agricultural exhibits, and from these first small efforts grew up our system of community, county, state, district, national and international fairs which cover practically every section of the country.

The development of the fair in the United States has been one of normal growth and expansion, according to Samuel R. Guard, director of the Sears-Roebuck Agricultural foundation and one of the leading exponents of agricultural exhibits in America. The successful contestant in a local fair naturally wished to compare his products with those of winners in other local fairs. That was how the county fair came to be. The state fair with its wider appeal was the next logical step, and there county winners went to settle disputes on the relative merits of their products. Eventually this led to competition between states, culminating first in the inter-state fair, later in the national show and finally in the international exhibit. Many a national champion grain grower or livestock breeder today can trace his success to some little honor captured at the county fair years ago.

### Inspires Ambition.

The appealing thing about the county fair is the opportunity it offers the farmers to compare his own work with that of his neighbors and so inspires in him a healthy ambition to improve himself and his work, states Mr. Guard. Within easy distance of his home, he can examine the best animals, grain, fruits and vegetables, poultry and honey and determine where he falls short of the mark. Likewise his wife can pit her needlework, her baking and pastry, her canned fruits and vegetables against those of other farm women and enjoy the thrill and reward that comes of victory. Altogether the country fair stimulates friendly competition that has been responsible for much of the farm progress in the past century, he says.

The educational value of the farm implement and equipment displays that are part of all the better fairs is one of the most commendable features, according to Mr. Guard. State and federal government exhibits bring home to the farmer lessons in growing his product more economically and efficiently, and household furnishings and labor saving devices on view work directly for the improvement of country life.

### A WOMAN'S LOVE

A beautiful thing is a woman's love  
And to think that day by day  
Some men are killing a woman's love  
No two in the selfsame way!  
With thoughtlessness as a wound,  
Neglect and spite and scorn,  
Till aching souls are cast in gloom  
And bleeding hearts are torn;

A beautiful thing is a woman's love,  
A sacred thing and a true.  
Some men are killing a woman's love  
It's an awful thing to do!  
An awful thing, but an easy thing,  
For its delicate petals fall  
As swift as death in the north wind's  
breath.

On the flowers along the wall,  
A sacred thing is a woman's love,  
A solemn and wondrous gift;

Some men are killing a woman's love  
With the tide toward which they  
drift.

## Watches!

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Some men and bringing to beautiful lives

Neglect, with its awful sting,  
A terrible dart that in the heart  
Is the end of everything;  
A terrible thing is a woman's love,  
For it must have love to live,  
And men are killing a woman's love  
If they cease their love to give  
It may not die in a moment—no,  
Nor yet in a thousand years,  
But it takes the happiness out of life  
And it drowns the world with  
tears  
—Baltimore Sun

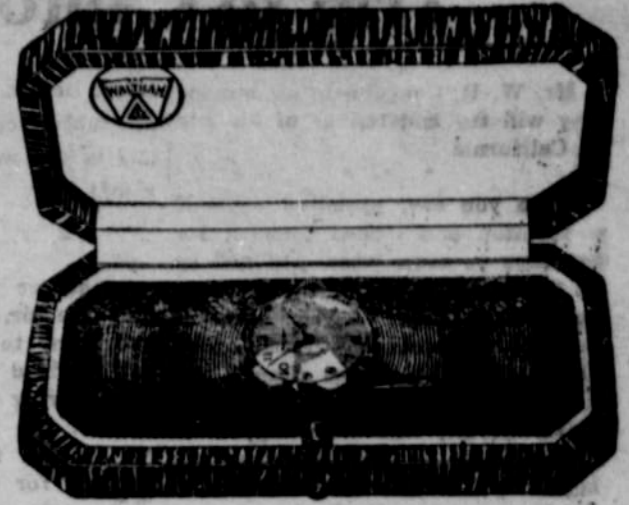
### DIPPING INTO SCIENCE

#### Birds' Own Law

Many kinds of birds are said to hold court. For minor or grave offenses, the guilty is called before a few, or a few hundred of his clan. The charges are poured out, and if the bird is exonerated, he is unmolested; if not, they all join in his execution. Many writers tell of having watched such trials and executions among crows, storks, rooks, sparrows, and flamingos.

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The news of your home town and county, the comings and goings, the activities and doings of your friends and neighbors are chronicled briefly and interestingly in the home paper. The Eagle is always pleased to receive items of news from its readers. The contributions add greatly to make the paper interesting to a constantly growing number.



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?

BAW

NOW SIT STILL, BUDDY, IT'S JUST AN EYE LASH

1m

2

BOUT

L.F. van Zant