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NYSSA, OREGON

The Kitchen Cabinet

There's a dance of leaves in that
aspen bower,
There's a titter of winds in that
beechen tree,
There's a smile on the fruit, and a
smile on the flower,
And a laugh from the brook that
runs to the sea.
—Bryant

WHAT TO EAT.

Try grated young carrots stirred in
to mayonnaise until they give it a
decided color.
Serve on head let-
tuce.



Green Onion Salad.—Take the
young green onions, slice thin
and pour over a thick sour cream

or sweet cream with a dash of vinegar,
salt and paprika. This is an especially
appetizing salad to serve with bread
and butter for a Sunday night lunch.
Snow Balls.—Take one-third of a
cupful of butter, add one-half cupful
of sugar, one-half cupful of flour, sifted
with one-half cupful of cornstarch
and three teaspoonfuls of baking powder;
add two-thirds of a cupful of
milk, and the beaten whites of three
eggs. Mix carefully and pour into
well-buttered cups, steam in the oven
in a pan of hot water for half an hour.
Remove from the cups, dust with powdered
sugar and serve with strawberry
sauce.

Strawberry Sauce.—Mix a table-
spoonful of softened butter with one
and one-half cupfuls of powdered sugar
and one small box of strawberries
crushed.

Tomatoes Stuffed With Ripe Olives.
—Scoop out the pulp from small, firm,
ripe tomatoes. Fry a small onion,
chopped fine, in a tablespoonful of but-
ter, add the pulp taken from the to-
matoes and a cupful of ripe olives
that have been minced fine after re-
moving the seeds, add two table-
spoonfuls of bread crumbs, salt and pepper.
Fill the tomatoes and bake.

Sponge Cake.—Take four eggs, beat-
ing the whites very stiff, then fold in
a cupful of sugar, a quarter of a cupful
at a time, until all is added; add the
yolks one at a time, stirring them
lightly so that the mixture is streaked
with yellow. Cut in the flour, using
one cupful and pour into a buttered
pan to bake forty-five minutes.

Gipsy Stew.—Cook together a few
potatoes, carrots, peas and tender
young onions, add a few cubes of salt
pork tried out, using the fat and a
little milk. Serve as a vegetable in
the usual small dishes.

Danger is doubly dangerous when
we do not know it exists. A concealed
enemy has a deadly advantage. Let
the blessed sunshine into all the dark,
damp corners and rout disease germs.

TIMELY FOODS.

Don't forget to serve carrots fre-
quently, especially while they are
fresh and still small. The
carrot is rich in iron and other
elements which are
needed to keep the blood
in good condition.

Buttered Carrots.—Cut
the small carrots in quar-
ters, lengthwise, and cook
in a very little boiling
water until tender. Use
the broth seasoned with butter, a tea-
spoonful of sugar, a grating of nut-
meg to serve with them.

Grapejuice and Mint Ice.—Steep a
large bunch of fresh mint in sufficient
water to extract the flavor; strain and
cool. Boil together two cupfuls of
water and two cupfuls of sugar until
a thick sirup is formed; add one cupful
of grape juice and the mint flavoring.
Stir in the beaten whites of two
eggs, freeze to the consistency of mush
and serve in sherbet glasses.

Ginger Creams.—Mix a cupful of
molasses with one cupful of sugar,
one cupful of sour cream, two egg
yolks and one-half cupful of melted
lard. Mix four cupfuls of pastry flour,
two teaspoonfuls of soda, a tea-
spoonful each of cinnamon, cloves, one
and one-half teaspoonfuls of ginger,
and one-half teaspoonful of salt. Let
stand after mixing for an hour then
drop by spoonfuls two inches apart on
a buttered sheet. Bake in a moderate
oven; place a nut or raisin on top if
desired. Frost with confectioner's
sugar and orange juice with some of
the rind for flavoring.

Combination Salad.—Take any kind
of leftover meat, or different kinds
will do. Put through the meat grind-
er, add one large mellow apple,
chopped fine; one-half cupful of
chopped celery, three hard-cooked
eggs, minced fine, one chopped onion,
one-half teaspoonful of salt, a few
dashes of red pepper. Mix all to-
gether and add any salad dressing.

Pineapple Fluff.—Line glass cups
with thin slices of sponge cake moist-
ened with pineapple juice. Beat a
cupful of cream, add one well-beaten
egg and a cupful of powdered sugar
with one cupful of shredded pineap-
ple to which a tablespoonful of lemon
juice has been added. Garnish with
a spoonful of bright berries.

Nellie Maxwell

A Sense of Fitness.

Fogg remarks that the world won't
seem quite right to him until "com-
mencement" begins the college term
instead of ending it.—Boston Tran-
script.

Daddy's Evening Fairy Tale

BY MARY GRAHAM BONNER

THE ORANGEADE.

"They talk about birds who go
South for the winter and about but-
terflies and other little creatures who
sleep all winter," said the Orangeade,
"but my family might just as well not
exist in the winter time—at least in
this part of the world."

"The same is true of me, too," said
the Lemonade.

"And it is true of my family," the
Lemonade added.

"It is true of me and of those of
my family like me in their ways," said
the Ice Tea. "Some of my family
don't care for ice."

"They're about all the time. But we,
of the family, who care to talk to the
ice pieces, aren't around in the winter
—at least in this part of the world."

"It's strange," said the Orangeade.
"that we're made such a fuss over in
the summer and yet in the winter
we're forgotten about."

"It's very strange," said the Lemon-
ade, "very strange, indeed."

"Yes," said the Ice Tea, "it is very
strange."

"Not really strange," said a little
gnome who came up and sat on the
shelf where the orangeade and the
lemonade and the ice tea were
standing waiting for some tennis
players to come and drink them.

"What is that you say?" asked the
Orangeade.

"Did I understand you to say it
wasn't strange?" asked the Lemonade.

"Did I understand you to say that?"
asked the Ice Tea. "Of course I
don't suppose it is so strange as far
as my family is concerned, as all my
hot tea relatives are around all the
time, all the year, and every year."



"Not Really Strange."

"I'll tell you why it isn't strange,"
said the gnome.

"Do," the Orangeade said.

"I'd like to hear," the Lemonade
added.

"And so would I," said the Ice Tea.

"You have said that it was strange
that no one thought of you in the
winter time but that in the summer
time you were noticed and that you
might just as well not exist in the
winter time."

"Of course in a way you don't ex-
ist in the winter time, for you're not
made up into orangeade, lemonade
and ice tea drinks."

"But at the same time your families
do exist because there are lemons and
oranges and tea all the year around
and there is ice tea."

"Just as the butterflies exist though
they go to sleep! And sometimes
your families are about in warmer
climates just as the birds are in
warmer climates in the winter."

"But you see in the winter, when it
is cool, people do not want cool
drinks."

"How much they enjoy you and the
other members of your families in
the summer!"

"They love to feel the cool glasses
in which you stand. With the kind
assistance of the ice pieces you help
make them cool and you taste so very
delicious."

"But it isn't strange that you aren't
wanted in the winter when it is cool, for
no one wants a cool drink of orange-
ade or of lemonade and no one wants
a glass of ice tea when there is a
snowstorm and when the wind is
blowing outside the windows."

"You can understand that, can't
you?" asked the gnome.

"Yes, I understand now," said the
Orangeade.

"So do I," added the Ice Tea.

"And I'm glad I do," said the Orange-
ade, "for I was beginning to think it
wasn't quite fair that we should be
so popular half of the year and the
other half not cared for at all."

"Now I quite understand, and I don't
feel badly about it in the least. Ah,
here come the tennis players. We
must be ready for them!"

Her Likeness.

Lucy was gazing through the win-
dow of the local photographer, her
eyes glued on a certain picture. It was
the annual procession of schoolchil-
dren through the village.

"Mary!" she shrieked excitedly to
her friend, "Come 'ere!"

"What's the matter, Lucy?" asked
the other.

"You see the photo of Annie Smith
on the third row there?"

"Yes," replied Mary.

"An' you see the pair o' boots be-
hind Annie?"

"Yes."

"Well, that's me."

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Amazing Success Achieved by Celebrated Medi-
cine Not Only Phenomenal, But Unprece-
dented—Over 20,000,000 Bottles Sold in Six
Years—Foreign Countries Clamor for It.

Never before, perhaps, in the history of the drug trade has
the demand for a proprietary medicine ever approached the
wonderful record that is now being made by Tanlac, the cele-
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quick to recognize it as a medicine of
extraordinary merit. Since that time
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country and Canada something over
Twenty Million (20,000,000) bottles, es-
tablishing a record which has probably
never been equalled in the history of
the drug trade in America.

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The instant and phenomenal success
which Tanlac won when it was first
introduced has been extended to prac-
tically every large city, small town,
village and hamlet in North America.
Its fame has become international in
its scope and England, Japan, Mexico,
Cuba, Hawaii, Alaska, Porto Rico and
many European countries are clamor-
ing for it.

From coast to coast and from Great
Lakes to the Gulf, Tanlac is known
and honored. Millions have taken it
with the most gratifying and astonish-

ing results and have pronounced it
the greatest medicine of all time.

Tens of thousands of men and wom-
en of all ages in all walks of life, af-
flicted with stomach, liver and kidney
disorders, some of them of long stand-
ing, as well as thousands of weak, thin,
nervous men and women apparently on
the verge of collapse, have testified
that they have been fully restored to
their normal weight, health and
strength by its use.

Restored to Health.

Still others, who seemed fairly well,
yet who suffered with indigestion,
headaches, shortness of breath, dizzy
spells, sour, gassy stomachs, coated
tongues, foulness of breath, constipa-
tion, bad complexion, loss of appetite,
sleeplessness at night and of terribly
depressed feelings, state that they
have been entirely relieved of these
distressing symptoms and re-
stored to health and happiness by the
use of Tanlac.

Tanlac is sold by leading druggists
everywhere.

Consistency.

"Oh, doctor, I am suffering so much
I want to die!" "You did perfectly
right to call me."—American Legion
Weekly.

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Warning! Unless you see the name
"Bayer" on package or on tablets you
are not getting genuine Aspirin pre-
scribed by physicians for twenty-one
years and proved safe by millions.
Take Aspirin only as told in the Bayer
package for Colds, Headache, Neural-
gia, Rheumatism, Earache, Toothache,
Lumbago and for Pain. Handy tin
boxes of twelve Bayer Tablets of As-
pirin cost few cents. Druggists also
sell larger packages. Aspirin is the
trade mark of Bayer Manufacture of
Monoaceticacidester of Salicylicacid.

Youthful Envy.

Billy was entertaining his young
aunt's caller until she was ready to
appear. The y. a. entered the room
as Billy was saying: "You don't has
to wash your knees—you wear long
pants."

To Have a Clear Sweet Skin
Touch pimples, redness, roughness
or itching, if any, with Cuticura Oint-
ment, then bathe with Cuticura Soap
and hot water. Rinse, dry gently and
dust on a little Cuticura Talcum to
leave a fascinating fragrance on skin.
Everywhere 25c each.

True to Life.

"Golf teaches me one thing."
"What is that?"
"That no matter how well a man
plays he never succeeds in playing
as well as he should have."

A Feeling of Security

You naturally feel secure when you
know that the medicine you are about
to take is absolutely pure and contains
no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-
Root, kidney, liver and bladder remedy.
The same standard of purity, strength
and excellence is maintained in every
bottle of Swamp-Root.

It is scientifically compounded from
vegetable herbs.

It is not a stimulant and is taken in
teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving
and overcoming kidney, liver and blad-
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A sworn statement of purity is with
every bottle of Dr. Kilmer's Swamp-
Root.

If you need a medicine, you should
have the best. On sale at all drug stores
in bottles of two sizes, medium and large.

However, if you wish first to try this
great preparation send ten cents to Dr.
Kilmer & Co., Binghamton, N. Y., for a
sample bottle. When writing be sure and
mention this paper.

Certainly Not.

Irate parent—While you stood at
the gate bidding my daughter good
night, did it ever dawn upon you—
The snifter—Certainly not, sir! I
never stayed as late as that.

Get Back Your Health

Are you dragging around day after
day with a dull backache? Are you
tired and lame mornings—subject to
headaches, dizzy spells and sharp, stab-
bing pains. Then there's surely some-
thing wrong. Probably it's kidney
weakness! Don't wait for more seri-
ous kidney trouble. Get back your
health and keep it. For quick relief
get plenty of sleep and exercise and
use Doan's Kidney Pills. They have
helped thousands. Ask your neighbor!

An Idaho Case

J. A. Castle, car-
penter, 500 Second
St., N. Nampa,
Idaho, says: "I was
laid up with kid-
ney trouble. I had
to be careful how I
stepped. Any sud-
den jar caused
sharp pains in my
back, sides and
hips. I got Doan's
Kidney Pills and in
a short time was
cured and the cure
has proven perma-
nent."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
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When the projected trans-Australian
line from Oodnadatta to Port Darwin
is completed the traveler on it will
be confronted with what will be,
probably, the dreariest railway journey
in the world. The greater part of
the route lies through a desert region,
practically devoid of life, and utterly
uninteresting.

Sure Relief



New Shoes Old Shoes Tight Shoes

all feel the same
if you shake
into them
some

ALLEN'S FOOT-EASE

The Antiseptic, Healing Powder
for the Feet
Takes the friction from the shoe, fresh-
ens the feet and gives new vigor. At
night, when your feet are tired, sore,
and swollen from walking and dancing,
sprinkle ALLEN'S FOOT-EASE in the
foot-bath and enjoy the bliss of feet
without an ache.
Over 1,000,000 pounds of Powder for the
Feet were used by our Army and Navy dur-
ing the war.
Ask for ALLEN'S FOOT-EASE