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- Household Department. -

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In cities the use of graham is being lessened by the introduction of the will pay the sum of ONE HUNDRED DOL various brands of whole wheat flour; but the farmer may have more CATARRH CURR. cheaply a most excellent quality of graham, ground ground from his own wheat, on his own place, and, if 1896. he prefers, this may be ground as finely as some kinds of the whole wheat flour, with the added advantage that there can be no doubt as to its being whole wheat.

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GRAHAM PUDDING. One cup of molasses, one cup of sweet milk, one cup of raisins, a pinch of salt, half a teaspoonful of soda, the same of baking powder, and Counter and railing for sale cheap. Address graham flour to make a rather stiff. M. Lockwood, Salem Oregon. 1 3t batter. Steam two hours and serve batter. Steam two hours and serve with lemon sauce.

> GRAHAM BREAD. One cup of yeast, two cups, of warm milk or water, two tablespoonfuls of molasses or brown sugar, pinch of salt, a pinch of soda and graham flour to make a stiff batter. Stir vigorously with a spoon into greased bread tins to rise. When very light bake forty minutes in a slow oven.

Graham wafers may be made from any recipe for plain cookies by substituting graham for fine flour, make them stiff, roll them thin and bake very slowly.

MRS. JOHN B. WALDO. Co-operation in the Home.

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> No true lover ever puts aside the little courtisies and attentions after the marriage vow, but is ever alert to lend kindness and lighten the daily burdens of his sweetheart.

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In a long series of stores by the list a true mother, and always a charming woman you will invariably see her lossed on the troubled sea of s gual weakness until it was a question whether he had not better take a dose of poison and thus end list a true mother, and always a charming woman you will invariably see her lossed on the troubled sea of s gual weakness until it was a question whether he had not better take a dose of poison and thus end list a true mother. e offer this unequaled newspaper the Weekly Journal together year for \$1.75. The regular subption price of the two papers is d & w tf. men and noisy, bulsy boys will always vigor, and he now declares that any man who tone down their voices and step will take the trouble to send his name and lightly and try to be more mannerly word or a pleasant smile, for a true every weakened man to get the benefit of my mother will never fail to say or do experience. all the pleasant things that she can lam not a philanthropist, nor do I pose as h more to the consumer. It has that will in any way help or lift up ord of cures unknown to any and cheer those whose lives are shaded who would be cured at once could the

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Oats—White, 38@40c; grey, 36@38; rolled
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Hides green, salted 60 lbs 6a7c; unde 60 lbs 4@41/c; sheep pelts, 10@70c. Pears—50@6c Plums—pitless, 30@4c. Prunes—41/c@5c.

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25c. Cheese , 12½c. Farm Smoked Meats , Bacco, 6½c; hams ge; shoulders, 5c.

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