

# Cottolene

## "The Natural Shortening"

### Yes, you can have real "old time" corn bread

It's hard to find a man anywhere who doesn't like real corn bread.

And it is just about as hard to make real old time corn bread, unless you use Cottolene in it. Try the recipe given at the right.

Then you will appreciate all the more why Cottolene makes good cooking better.

Your grocer will supply you regularly with Cottolene—in just the right-sized pail for your family.

For foods of better taste and quality use Cottolene in your shortening, frying and cake-making.

THE N. K. FAIRBANK COMPANY

### "Cottolene makes good cooking better"



## LET'S EAT ORANGES

Good Housekeeping Magazine Gives These Suggestions. Orange Day March 18th—A Good Day To Try Them.

Good Housekeeping for January, 1916, says:

"Probably the reason many of us consider the orange a luxury rather than an every-day food is because we still cherish memories of the time when the fruit was high-priced and not widely distributed, and an occasional orange was a surprise often reserved for the top of the Christmas stocking.

Many of us are more or less slaves of our habits of thought, and in face of the fact that oranges can be purchased from December to April at almost any price, and the rest of the year at prices which are moderate when the value received is considered, we do not take advantage of their wonderful dietetic properties because we consider them too expensive.

"It is generally known that the orange contains citric acid, which is a liver stimulant, and that it is a gentle laxative. But its wonderful supply of phosphates, a direct nerve food, is usually overlooked, and the fact that oranges therefore have a most beneficial effect in cases of insomnia is practically unknown. In short, the importance of the orange as an every-day food for the year around can not be too greatly emphasized.

"As a breakfast fruit it is unequalled, but to obtain the greatest benefit, it should be eaten a half-hour before the meal, so that the juice may rapidly reach the stomach and commence its rapid building and general cleansing while the digestive tract is comparatively open. If this is done, a cereal with light cream and sugar may be eaten at breakfast, but if the orange figures as the breakfast fruit the cereal, sugar and cream should be omitted, as the combination sometimes causes nausea and gas.

"The necessity for washing oranges and, indeed, all fruits, can not be too strongly insisted on, for no matter how clean they may look they are no more free from bacteria than the average bread or candies sold from open cases. If to be eaten with a spoon, the fruit should be cut in halves crosswise and if they do not stand level, thin slices of skin may be cut from the ends. The pulp around the edge and the membrane between the sections should be loosened by a curved grapefruit-knife.

"To prepare the orange flower-fashion, cut down the skin in quarters and then in eighths to within an inch of the blossom-end. Then strip down in points and fold these over. To serve orange-sections on a strip of peel, cut an inch-bread crosswise entirely around the orange at the middle. Remove the remaining skin, slit the strip open, and spread out the sections. Another method which may be used when the orange is to serve as the first course at luncheon is to make a mound of powdered sugar in the center of a plate, surrounding it with sections of orange and some cluster-raisins. When sections are to be used for garnishing or for fruit-cups, the best way to obtain them is to pare the orange with a sharp knife, fill the juice runs, and then cut each section separately. If plain sliced oranges are desired, they may be pared, sliced crosswise, and arranged in dessert-dishes or a bowl, with a little sugar between each layer; or if there chances to be at hand some well-sweetened pineapple juice or the juice from other canned fruit, it may be poured over the orange slices, the whole being allowed to ripen in a cold place for at least an hour. A quick luncheon dessert may be made club sandwich style of dry sponge-cake and oranges. Toast the cake, put together with sliced and sweetened oranges sprinkled with coconut, surrounded with orange-sections, and decorate with halved marshmallows and nut-meats.

"As a general rule, oranges are used mostly as a breakfast or dessert fruit, but they are also well adapted to salad-making. The more substantial salads should be used for desserts with coffee, crackers and cheese. When to be used with fish, the French dressing should be made with lemon-juice.

"The following are some suggested orange salad and meat combinations and the dressings to be used: Orange and celery, French dressing, with meat or game. Orange, mint, and celery. French dressing with lamb. Orange, chestnut, raisin, and celery, French dressing.

## DO THIS FIRST—YOU!

You know, and every physician knows, that when any sickness has passed, whether it be throat trouble, organic disturbances, contagious diseases, or even a severe cold, a relapse is feared, because sickness robs the system of Nature's resistance and leaves it subject to lingering germs.

Drugs never build up a worn-out body—only food can do that, and the first thing to take after any sickness is the concentrated, blood-making oil-food in Scott's Emulsion, which feeds the tissues, benefits the blood and strengthens both lungs and throat.

Physicians prescribe Scott's Emulsion after sickness. Nurses everywhere advocate it. Scott's is pure medicinal food, without alcohol or drugs.

Scott & Bowne, Bloomfield, N. J. 15-22

dressing with game or chicken. Orange and grapefruit. French dressing with fish or roast pork. Orange, cross, and apple. French dressing with fish or game. Orange, prune, nuts, and celery. Mayonnaise as a dessert. Orange, grapes, celery, and ginger. Mayonnaise as a dessert. Orange, pineapple, grapefruit, French dressing as a dessert.

## BE CAREFUL IN USING SOAP ON YOUR HAIR

Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle.

The best thing to use is just plain purified coconut oil, for it is pure and entirely greaseless. It's very cheap, and beats the most expensive soaps or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.

Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff.

## MUTT AND JEFF IN COLLEGE IS POSITIVELY NEW

With a car load of new scenery of an entirely different type from the three former productions under this title; with a story founded upon new environments; with music that is exclusively new; with new characters, new faces, costumes and effects, comes Gus Hill's *Mutt and Jeff in College*. It will make you laugh as you have never laughed before at the popular Grand theatre next Saturday matinee and evening. It's a laughing show essentially, with out a line or a situation that can possibly offend anyone.

## TOO WEAK TO FIGHT

The "Come-back" man was really never down-and-out. His weakened condition because of over-work, lack of exercise, improper eating and living demands stimulation to satisfy the cry for a health-giving appetite and to refresh sleep essential to strength. GOLD MEDAL Harlem Oil Capsules, the National Remedy of Holland, will do the work. They are wonderful! Three of these capsules each day will put a man on his feet before he knows it; whether his trouble comes from uric acid poisoning, the kidneys, gravel or stone in the bladder, stomach derangement or other ailments that befall the over-zealous American. Don't wait until you are entirely down-and-out, but take them today. Your druggist will gladly refund your money if they do not help you. 25c, 50c and \$1.00 per box. Accept no substitutes. Look for the name GOLD MEDAL on every box. They are the pure, original, imported Harlem Oil Capsules.

## Creamery at The Dalles Is Being Enlarged

The Dalles, Ore., Mar. 17.—The Norman Ice Cream company of this city recently purchased the Mountain Valley Creamery of this city and a force of men is at work enlarging and improving the plant. When all the improvements are installed The Dalles will have one of the finest and most modern creameries and ice cream factories in the state. All old machinery, which was formerly used for making butter and ice cream, has been discarded, and new and modern machinery will be installed.

The Norman Ice Cream company was organized several years ago entirely by local capital. Several thousand dollars will be spent by this company in opening a new plant, which, it is expected, will be ready for operation within a fortnight. In the past the splendid possibilities for making high grade creamery butter from the cream supply of Wasco county have not been taken advantage of, with the exception of the small Mountain Valley creamery.

## Military Training at University of Oregon

University of Oregon, Eugene, Ore., Mar. 17.—Military training on a voluntary basis will be established in the university this afternoon if plans for a mass meeting to be held at 4 p. m. do not fall through. Two companies of militia, if he expected, will be formed. None of the fraternities or other organizations have opposed the movement. Rifles for drill work will be secured at the local armory and the students will go without uniforms for a while.

## STATE NEWS

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Claims growing out of the North Pacific Steamship company's Santa Clara wreck last November are mounting high and the company filing a petition for limitation of liability in the United States district court sitting in admiralty. The idea in filing the petition is not stated, but is presumed to be for the purpose of securing a ruling that the company will not be bankrupted in paying the claims. The law, in some instances, says the liability of a steamship company dates from the moment of the wreck, when it is stranded. It is said that the law also contemplates that the payments to losers shall include the value of freight at the time of the wreck, and shall be paid pro rata, after the admiralty court has established the values. There are many claims for freight, and three or four for loss of life. It is impossible to obtain even an estimate on these amounts, for the company cannot say, owing to the claims having been filed in different places, as at San Francisco, Portland and Marshfield.

East Oregonians: According to C. A. Galloway, of Elgin, one of the Union county commissioners, the road from Elgin to Weston through Toll Gate will probably be built during the coming year. Mr. Galloway states that Union county will build her end of the road, spending \$15,000 or \$20,000 to secure a good grade. At present the road in use in Union county is a toll road and not under the jurisdiction of the county court. The road coming out at Weston will connect with the main road high-way there. Mr. Galloway does not think the proposed bond issue in Union county will carry this year.

Oregon City Enterprise: E. R. Jones, one of the engineers in the Southern Pacific division engineer's office, was in Oregon City Saturday looking over the site for the construction of the livestock pens which will be erected at Greenpoint. The cost of the improvement will be about \$500, and the purpose is to encourage by these facilities Oregon City as a livestock shipping point. H. D. Olson, general agent here for the road, accompanied Mr. Jones to the location.

Upper Klamath lake is again open to navigation, after being closed all winter by ice. The opening of the lake means a speedy opening of saw-milling and logging operations, the Klamath Falls Herald says.

Extraordinary promise of genuine development appears from this statement in the *Sumner American*: "As is usual at this time of the year, we have the promise of much to be done in the mines, with the addition that this time there is evidence that the work to be done is under way." The postoffice at Basin, in Grant county, has been discontinued. The compensation was \$20 per year and as the postmaster resigned and no further applications were made its discontinuance was recommended.

The Grants Pass Courier recommends as follows: "The highways in the districts that are making extensive plantings of sugar beets should receive special attention, for they will be the most useful of any." There is no stronger back-to-the-farm propagandist anywhere than the *Woodburn Independent*. In its latest issue it says, "When a farmer whines he simply does not know when he is well off."

The fame of Pendleton's natorium is made evident by inquiries regarding its structure, coming from cities where such institutions are contemplated. Walla Walla is one such; Newark, N. J., is another.

## BISURATED MAGNESIA

For dyspepsia, indigestion, souring of food, gas, and hyperacidity of the stomach (acid stomach). A teaspoonful in a fourth of a glass of hot water usually gives INSTANT RELIEF. Sold by all druggists in either powder or tablet form at 50 cents per bottle.

The Alabama, Ohio and Georgia have been taken off the list of our navy's fighting units. But, unlike some of Europe's retired warships, we can still look at them without donning a diving suit.

## 3-IN-ONE OILS ANYTHING

CLEANS, POLISHES EVERYTHING PREVENTS RUST EVERYWHERE



The name "Stetson" comes pretty near meaning the best in hats.

That's why we sell them.

Today we have received by express a new "Stetson" called the "Lawnton."

The color is of a soft grey, the band of a darker shade to match, the brim made soft and flexible to stay in any position it may be placed.

And the price? Four dollars.

## HAMMOND-BISHOP CO.

The Toggery 167 Commercial St. Leading Clothiers

## BLIGH HOTEL

Strictly Modern Free and Private Baths

RATES: 75c, \$1.00, \$1.50 PER DAY The only hotel in the business district. Nearest to all Depots, Theatres and Capitol Buildings.

A Home Away From Home. T. G. BLIGH, Prop. Both Phones. Free Auto Bus.

## Phone 700 TAXI SERVICE

CARS OF ANY KIND, FOR ANY PLACE, AT ANY TIME Good Garage in connection for storage of cars.

Reasonable Rates. SALEM TAXI CO. Garage. OPEN ALL NIGHT. 240 State Street.

## CITY NOODLE HOUSE

NOODLES 10c. RICE-PORK 10c. FRIED RICE 15c. 420 FERRY STREET

## BIG LUMBER ORDER

Marshfield, Ore., Mar. 17.—Preparations were made today to open several old sawmills and logging camps to fill an order of the Russian government for fifty million feet of Oregon spruce lumber. Closing of the contract was announced yesterday by C. J. Brusiloff, of Marshfield.

## WHITE TEMPLE PASTOR

Portland, Ore., Mar. 17.—Rev. W. B. Russell Owen, pastor of Hanson Place Baptist church, Brooklyn, was today notified of his appointment as pastor of the White Temple of Portland. He succeeds Dr. W. B. Hanson, who has resigned.

Vancouver will hardly second the notion of a Portland morning newspaper that Uncle Sam abandon army posts that are no longer in the Indian country.

## SAYS HOT WATER EACH DAY KEEPS THE DOCTOR AWAY

### Drink Glass of Hot Water Before Breakfast to Wash Out the Poisons

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, and instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter. Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have scabby skin, blood disorders and skin eruptions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

## You Know They're Baking

You know they're baking as you pass by. Those palate tickling odors are from Merit Vanilla, and the baking tastes better than it smells. A 25c bottle is real economy. Order of Your Grocer

## Letter Received From Town Raided by Villa

The following letter from Mrs. W. D. Close, of Columbus, N. M., was received by Mrs. Lucinda Hall, of Salem Heights, her sister. W. D. Close will be remembered by many in Oregon and Washington where he served as sheriff several terms. From there he went to Oklahoma, where he served as treasurer of Wood county. Seven years ago he went to New Mexico where he took a homestead, where he died over two years ago, and Mrs. Close with two boys 11 years and 8 years old are holding down the claim.

Mr. Close was an old soldier, Mrs. Close's mother lives in Columbia county, Oregon. Columbus, N. M., March 10, 1916. Dear Sister: We are all alive, that is us that were in the country, we left our homes yesterday morning when we were warned that there was over 400 Villa soldiers in Columbus burning the town and murdering our citizens. We're back home now. There was about 100 Mexicans killed and seven American soldiers and four civilians killed including one woman and several wounded. The Mexicans were driven 10 miles into Mexico. I don't think they will come back, but can't tell. I am ready to leave here. I tell you life is worth more than everything I have here. I have written Susie to have the Masons of Home-stead send us tickets. We sleep out in the brush at night, but some sleep in their houses. Think it will be safe, but this is Villa's crowd and as he is hard pressed in Mexico so he may try it again. They are a barbarous lot. You will probably see all about it in the papers. I must close and send this to town. Lovingly your sister, LILLIE CLOSE.

## KEEP THE KIDNEYS WELL

Health Is Worth Saving, and Some Salem People Know How to Save It.

Many Salem people take their lives in their hands by neglecting the kidneys when they know these organs need help. Weak kidneys are responsible for a vast amount of suffering and ill health—the slightest delay is dangerous. Use Doan's Kidney Pills—a remedy that has helped thousands of kidney sufferers. Here is a Salem citizen's recommendation: W. C. Johnston, gardener, 1021 Mill street, Salem, says: "After several medicines had failed to help me, I used Doan's Kidney Pills and got great relief from kidney and bladder trouble. I still use Doan's Kidney Pills once in a while when a cold settles in my back and kidneys and the kidney secretions become disordered. I always get quick relief. You may continue publishing the endorsement I have given Doan's Kidney Pills before." Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Johnston had. Foster-Milburn Co., Props., Buffalo, N. Y.

You may try when you are ready, Funston.

## A CLEAR COMPLEXION

### Ruddy Cheeks—Sparkling Eyes—Most Women Can Have

Says Dr. Edwards, a Well-Known Ohio Physician

Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets, you will know them by their olive color.

These tablets are wonder-workers on the liver and bowels, which cause a normal action, carrying off the waste and poisonous matter that one's system collects. If you have a pale face, yellow look, dull eyes, pimples, coated tongue, headaches, a listless, no-good feeling, all out of sorts, inactive bowels, you take one of Dr. Edwards' Olive Tablets nightly for a time and note the pleasing results. Thousands of women, as well as men, take Dr. Edwards' Olive Tablets now and then just to keep in the pink of condition. Dr. Edwards' Olive Tablets, the successful substitute for calomel—10c and 25c per box. All druggists. The Olive Tablet Company, Columbus, O.

## POS-LAM ALLAYS SKIN TORMENTS

Soothes Eczema at Once, Bringing Grateful Comfort.

To heal all eruptions troubles which beset the skin is the sole work of Pos-lam, the skin remedy held so highly in esteem by those who have seen its effective work. There is hardly a case of Eczema, however aggravated, that Pos-lam will not benefit right from the start, stopping all itching and healing so actively that improvement may be seen every day.

Do not hesitate to use Pos-lam—it cannot possibly harm. Pos-lam Soap imparts the hygienic effects of antiseptic medication with Pos-lam. Try it for toilet and bath.

For samples, send 4c stamps to Emergency Laboratories, 32 West 25th St., New York City. Sold by all druggists.

## AN ANARCHIST THREAT

Salt Lake City, Utah, Mar. 17.—Fears for the safety of Governor William Spry were entertained today, by a mysterious organization called the "K. O. D.," mailed to his office a pack of spades. Just after Joe Hillstrom, anarchist, was executed, the "K. O. D.," warning Spry he would be slain soon after receiving a pack of spades as warning.

## CANNERY TENDER CREW LOST

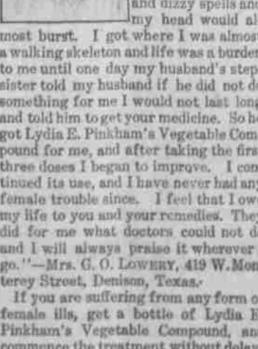
Prince Rupert, B. C., Mar. 17.—Hope for the captain and five men of the little cannery tender Alpha, which went down off Rachel Island yesterday, was practically abandoned today. Craft from this port retraced last night with no trace of other survivors than the deckhand, Christiansen, who managed to reach shore in a small boat.

## HUSBAND SAVED HIS WIFE

### Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas.—"After my little girl was born two years ago I began suffering with female trouble and could hardly do my work. I was very nervous but just kept dragging on until last summer when I got where I could not do my work. I would have a chill every day and hot flashes and dizzy spells and my head would almost burst. I got where I was almost a walking skeleton and life was a burden to me until one day my husband's step-sister told my husband if he did not do something for me I would not last long and told him to get your medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I continued its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do and I will always praise it wherever I go."—Mrs. C. O. LOWERY, 419 W. Monterey Street, Denison, Texas.

If you are suffering from any form of female ills, get a bottle of Lydia E. Pinkham's Vegetable Compound, and commence the treatment without delay.



Get good meals through the use of Dr. Pierce's Golden Medical Discovery. Sold in either tablet or liquid form.