

SINCE TAKING PERUNA

I can say my bowels are much more regular. My heart is stronger. My appetite is much better. My throat is much better.



Mrs. William H. Hinchliffe, 20 Myrtle St., Beverly, Mass., writes: "I have taken four bottles of Peruna, and I can say that it has done me a great deal of good for catarrh of the head and throat. I recommend Peruna to all sufferers with catarrh. I do not think I ever felt much better. I am really surprised at the work I can do. I do not think too much praise can be said for Peruna."

Those who object to fluid medicines can now procure Peruna Tablets.

The KITCHEN GUPBOARD

WASH DAY MENU.

MONDAY—BREAKFAST.
Cereal With Figs.
Bacon.
Rye Griddlecakes.
Coffee.
LUNCHEON.
Creamed Eggs.
Grilled Sweet Potatoes.
Crullers.
Cheese.
DINNER.
Black Bean Soup.
Cold Roast Beef.
Au Gratin Potatoes.
Coleslaw.
Sliced Pineapple.
Demitasse.

Mrs. Whitney's Recipes.

MRS. HARRY PAYNE WHITNEY recently held a food bazaar at her home in behalf of a hospital. Among her favorite recipes are these:

Balmoral Dessert Biscuits (H. M. the Queen's Baker, Balmoral Castle, 1856).—These are no thicker than passover cakes and very "short." One-half pound of flour, one ounce of butter, four yolks of eggs, only two whites. Mix the above into a stiff paste, roll out very thin and cut into round shapes size of top of teacup, with a wavy edge pastry cutter. Bake in slow oven. The biscuits should be quite thin, blistered all over, but not browned and not pricked. The blisters are the same color as the biscuits, not darker. These are only good when quite fresh from the oven.

Lady Heywood's Milk Lemonade.—To the juice of nine lemons add one pound of fine loaf sugar. Pour on this one quart of boiling hot milk and let it stand all night. Into a separate vessel peel three lemons as thin as possible. Pour into it one pint of warm water (90 degrees heat). This also must stand all night, covered, of course. Next morning put both together and strain through a very fine jelly bag till perfectly clear and bright. Add sherry to your taste.

Grandmother's White Soup.—Two quarts stock of veal, lamb or chicken, an onion boiled with it, one quart milk and cream, mixed; a suspicion of mace, yolks of two eggs, a little cornstarch of flour to thicken. Soak a little macaroni till tender. Put it in the tureen just before serving.

Chicken Basket.—Make a ring of mashed potatoes. Fill the center with creamed chicken. Sprinkle browned breadcrumbs on top.

Codfish Poem.—Make a white sauce of one tablespoonful of flour, one teaspoonful of butter, one cupful of hot milk. Stir until smooth and then add two tablespoonfuls of finely picked codfish, freshened, and the beaten whites of two eggs.

Johnnycake.—One cupful of cornmeal, one-half cupful flour, one teaspoonful soda, salt, two tablespoonfuls molasses, one tablespoonful sugar, sour milk to mix.

Anna Thompson.

The KITCHEN GUPBOARD

THE SALAD BOWL.

FANCY SALAD.—Prepare a pineapple by cutting slices straight across and removing the core with a core cutter, or purchase canned pineapple which will be cut in this manner. As this is to be served on individual dishes, chill bleached lettuce and place a large leaf or several small ones on each plate. Lay a slice of pineapple upon the leaf and fill the cavity with thick mayonnaise. Use English walnut halves to garnish the pineapple around the edge. On the extreme edge lay broken bunches of Malaga grapes.

Nut Salad.—Blanch peanuts and place in a hot oven to brown, with a bit of butter. Chop when cold and to each cupful of nuts add two cupfuls of finely chopped celery and an equal amount of apples. Mix well and serve with mayonnaise. Toasted buttered baking powder biscuit, cut in thin slices before toasting, make a nice accompaniment to any salad.

Red Cabbage and Celery Salad.—Have a fine and firm red cabbage, trim off all outside leaves, cut the inner portion into quarters and remove the stalks. Cut the rest into fine shreds and add to it in the salad bowl a head of celery cut into inch pieces. Make a dressing by beating one egg, stirring into it gradually a tablespoonful of salad oil, a tablespoonful of red wine, vinegar, a pinch of sugar and mustard, salt and pepper. Pour over the cabbage and celery, garnish with sliced gherkins and capers. A grating of cheese adds to the finish.

Cottage Cheese Salad.—Take fresh cottage cheese and add a few broken nut meats and a little sweet green pepper chopped finely. Make the mixture into balls after adding salt to taste. Roll the balls in some finely chopped parsley until completely covered. They may then be used as a garnish for some salad or placed on lettuce leaves covered with salad dressing and served with wafers. If desired some wet molds may be lined with the cheese and the centers of the molds filled with salad, nuts and celery. When cold the molds may be turned out on lettuce leaves and served with salad dressing.

Anna Thompson.

(PAID ADVERTISEMENT).

FOR COUNTY TREASURER

I hereby announce myself as a Republican candidate for the office of Treasurer of Grays Harbor County, Washington, subject to the decision of the voters at the primaries to be held Tuesday, September 12, 1916.

JOHN B. ORTON.

Advertising An Aid to Education.

By BREEN.

Read the ads. They'll help in your education. There was a time when ads. were glimpsed. Today they are read carefully. An ad. carries information. Information is educational. When a man advertises he seeks to enlighten.

Women today read department store ads. more carefully than they do the society news. That is a strong statement. But it is true nevertheless.

And the men seek bargains in the newspaper ad. columns. Read and be enlightened. Add to your education.

Obliged to Leave Early. "Daughter, your new beau doesn't remain very late. The last one used to hang around until the milkman called."

"Well, you see, dad, this one is a milkman."—Louisville Courier-Journal.

Fairly Healthy.

"Now, the boy I want in this office must be honest, bright, clean and healthy. Have you perspicacity?" "Oh, no, sir! I never had anything but whooping cough and the mumps."—Exchange.

An Amiable Man.

"Why do you argue with your wife? Don't you know it doesn't do you a bit of good?" "Sure I do! But I ain't got such a mean disposition as to deprive her of the pleasure."—Cleveland Leader.

NOTICE FOR PUBLICATION

Department of the Interior, U. S. Land Office at Seattle, Wash., April 27, 1916:

Notice is hereby given that W. Thomas Edwards, of Humptulps, Wash., who, on June 18, 1909, made Olympia H. E. 0421, Seattle Serial, No. 03498, for SW 1/4 NE 1/4 and N 1/2 SE 1/4 and SE 1/4 SE 1/4 of Section 20, Township 21 N., Range 9 West, Willamette Meridian, has filed notice of intention to make five year proof, to establish claim to the land above described, before Dan Pearsall, U. S. Commissioner, at Aberdeen, Wash., on the Sixth day of June, 1916.

Claimant names as witnesses: John McComant, N. T. Loomis, Edward Caylor, L. L. Kirkpatrick, and M. A. Jaklewicz, all of Humptulps, Wash.

G. A. C. ROCHESTER, Register.

May 5 to June 2, 1916.

THE GOOD JUDGE LEARNS FROM THE HIRED MAN

DID YOU HAVE ANY HELP SPLITTING THAT WOOD?

YOU BET I HAD. THIS HERE POUCH OF THE REAL TOBACCO CHEW

ALL around you men are talking about it. You, yourself, are probably telling friends about W-B CUT Chewing—the Real Tobacco Chew, new cut, long shred. Get a pouch! Notice how the salt brings out the real tobacco taste; how it satisfies without grinding; how long it lasts.

Made by WEYMAN-BRUTON COMPANY, 50 Union Square, New York City



SUMPTUOUS DINNER GOWN.

Lines and material combine to give this graceful effect, a dinner gown of pale blue and silver brocade, with a black and rose velvet rose flaming in the corsage. The train is a modified spiral in grateful contrast to the fish-

tail, square or ball runner varieties of all winter fashions. Please observe how skillfully pale blue tulle has been used to construct the shoulder cap, which just hints of the epaulettes that the fad for military styles carries over even into dress creations. The collar for this frock takes a bandeau of pearls.

A PALM BEACH GIRL.

Tan colors are taking the lead with many of the spring suits. This trim suit features a tan ribbed serge with a full skirt that has wide, inverted plaits on the hips to give the fullness. The coat has a rippled flare, and the detachable collar is of white faille silk. Ball buttons in a deeper tan give a neat finish, the front being single breasted.

LINEN FROCKS.

Linen frocks for young women have now made their appearance. They are of French or ramic linen, quite sturdy as to weave and rather tailorish as to cut. They have boyish pockets and straight skirts, simple blouses with white collars and are rather plain in general, but quite good looking. They come in pretty rose shades, charming blues and brown tans.

Druggist. COLDS QUICKLY RELIEVED

Many people cough and cough—from the beginning of Fall right through to Spring. Others get cold after cold. Take Dr. King's New Discovery and you will get almost immediate relief. It checks your cold, stops the racking, rasping, tissue-tearing cough, heals the inflammation, soothes the raw tubes. Easy to take, Antiseptic and Healing. Get a 50c bottle of Dr. King's New Discovery today. "It is certainly a great medicine and I keep a bottle of it continually on hand," writes W. C. Fossemann, Franconia, N. H. Money back if not satisfied.

There's a vast difference between a bagman, peddler, storekeeper and a merchant. It is the merchant who advertises in the newspapers; that is the reason he is a merchant!

COAL AND COKE

In any quantity from one sack to a ton or more

PROMPT DELIVERY FOR PRICES . . . PHONE 370

FURNITURE & PIANOS MOVED

WE DO ALL KINDS OF TRANSFER WORK

A. A. STAR TRANSFER

F AND HUME STREETS



The... WALDORF HOTEL

Seventh Ave. and Pike St. SEATTLE

E. R. DOUGLAS, Manager.

ROOMS: Day \$1.00; with private bath \$1.50 and upwards

An ideal stopping place for out-of-town visitors to Seattle



A Matter of Life or Death



A Pyrene Fire Extinguisher is one of the necessities that I recommend for automobiles.

Every car is in danger of catching fire, and a gasoline fire is a hard fire to fight. Pyrene kills gasoline fires instantly, before they can get big, and saves 15% on auto insurance annually.

ABERDEEN RUBBER CO.
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Yes Sir, It's a Good Idea to "Trade at Home" and Buy Aberdeen Made Goods

Buy "THINK OF ME" and "WHITE SQUADRON" CIGARS

There's nothing better on earth at the price Just try 'em and see for yourself.

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