

Hi-Ways to Health

By Ada R. Mayne

MAKE LUNCHEONS INTERESTING
Lunch can be a gay and interesting meal with just a little

planning and forethought beforehand. For many homemakers who have children coming home from school for lunch each day, this meal may represent the problem of variety. Soup and sandwiches will get by for awhile, but the youngsters may soon clamor for something different.

It isn't hard to serve tasty satisfying lunches to your family and you will find it well worth the extra effort in family health and enjoyment. Start a file for luncheon dishes which are tasty, inexpensive and easy to prepare. Quick casserole dishes, creamed foods and sauces, escalloped dishes, fondues and souffles are dishes which fit well in the luncheon menu. Keep the refrigerator such as spiced ham, chipped beef, milk, cheese, butter and eggs, and you will have the makings of many delicious dishes at your fingertips. It is a good idea to keep condensed soups such as tomato and cream of mushroom on hand as they pinch hit for gravies and sauces in an emergency. Canned luncheon meats drain. Sauté onions in butter. Tuna fish and shrimp will furnish the bases for many delicious dishes:

Creamed Dried Beef with Curry
(Serves 6)
1 1/2 lb. dried beef (1 cup)
2 Tbsp. minced onion
2 1/2 cups medium cream sauce, unsalted
1 tsp. curry powder
2 Tbsp. minced parsley
Rinse dried beef in boiling water; drain. Sauté onions in butter when making cream sauce. When cream sauce is done, stir in curry powder, minced parsley and dried beef. Heat through and serve over browned rice. To brown rice, melt 3 Tbsp. butter in skillet, add 3/4 cup washed, drained rice and cook until golden brown, stirring occasionally. Gradually add 3 1/2 cups boiling water and 1 1/2 tsp. salt. Cover and simmer 25 to 30 minutes without stirring, until rice is flaky and has absorbed moisture. Makes about 3 1/2 cups.

Hot Egg and Cheese Sandwich
6 hard-cooked eggs
1/2 tsp. dr. mustard
1/2 tsp. salt
2 tsp. cider vinegar
1/2 cup mayonnaise
2 Tbsp. minced green pepper
1/4 tsp. sugar
Thin crisp toast
2 cups hot cheese sauce
Remove yolks from eggs, mash, and mix with the mustard, salt, vinegar and mayonnaise. Chop egg whites and fold into the yolk mixture along with the green pepper and sugar. Spread between thin slices of crisp buttered toast and serve with piping hot cheese sauce poured over each sandwich.

FORMER MINISTERS ATTEND CHURCH HOMECOMING HERE
Rev. W. O. Livingston of Hood River, former pastor, was the speaker at the homecoming service at the Heppner Church of Christ Sunday morning. Several former residents came for the service, which was followed with a dinner. At the evening service, Rev.

THE EARLY SPOOK GETS THE BIRD!



Many Positions Open In State Offices

Although 1080 persons took the state civil service examinations for office positions on Saturday, September 25, the needs of the state government for skilled clerical help will not be met and it will be necessary to give open continuous examinations beginning October 11, Robert E. Johnson, director of the state civil service commission, said today. A large number of those taking the examination on September 25th were persons already employed by the state who were attempting to qualify for higher positions or persons who were required to take the examination in order to retain their present positions.

The open-continuous examinations plan means that persons interested in state jobs can make Martin B. Clark, another former pastor of the local church, delivered the address. Mr. Clark has been studying at Butler university in Indiana preparing himself for missionary work. He and his family will leave soon for Japan.

an appointment to take the examinations in either the Portland or Salem offices of the commission. There is a critical shortage of stenographic help for the state offices and persons having a knowledge of shorthand can readily find employment with the state. Employee turnover in typing and filing positions also creates frequent openings for those seeking such jobs.

The examinations given on the 25th were for the classes of Clerk I, II and III, Clerk-Typist I, II and III, and also for Administrative Secretary. Only the Clerk I and II, Clerk-Typist I and II, and the Clerk-Stenographer I and II will be given under the open-continuous plan.

The persons who took the scheduled examination will receive cards informing them of their test scores and standings on the eligible list early in November. This is the first statewide civil service examination involving a large number of applicants.

RANDOM THOUGHTS . . .

(Continued from First Page)
food and to contain several cars of wheat from Oregon. And I

Planning for A Halloween Party

When the children clamor for a Halloween party, don't be dismayed! Say, "Yes," and then turn most of the planning and preparation over to the youngsters. They'll enjoy the party more when they've had a hand in the work as well as the fun. The setting for the party might be the backyard a recreation room or the family living room. The boys and girls will have lots of fun planning the games and making the decorations. Simple-to-make decorations such as jack-o'-lanterns, black cats, balloons and orange and black crepe paper streamers make a fine background for a gathering of ghosts and goblins.

A novel centerpiece for the buffet table can be fashioned from a pumpkin. Cut out the top, as for a jack-o'-lantern, and hollow out the inside. Set a vase filled with autumn flowers into the opening.

have also read the article in The Oregonian, Sept. 28, regarding the largest crop ever harvested in Europe and Russia. And I have also read of the millions on strike in Europe, refusing to help harvest crops or convey our food to different parts. And I have been told by people coming from over there of the vast amount of U. S. food sold in the black market and the thousands of tons of grain and food allowed to spoil.

"We have seen many pictures of people over here in Life and The National Geographic Magazine and all look well fed and clothed. After considering all of these and the prices of grains here used for human consumption and feed for dairy stock and poultry, it is time we gave those people to understand they must help themselves. And I am sure the heads of CROP program can find needy hungry people in the United States."

It is possible that the situation in Europe is more critical than otherwise, but history proves that propaganda has been one of the chief practices in European diplomacy for centuries, while Uncle Sam, poor guileless guy, learned nothing about the word "propaganda" until he got involved in the first world war—and from the looks of things he is still not adept in applying it in the game of world politics.



Intensified activity throughout the state on behalf of Senator Howard Belton, Republican candidate for State Treasurer was reported by Belton for Treasurer committee secretary Marian Werner who announced the opening of the committee state headquarters at 306 S. W. Broadway in Portland.

The Senator Mrs. Werner said, will spend most of the remaining time before elections in visiting as many sections of the state as possible in order that the people of Oregon may hear his views on business-like government.

Candidate for Treasurer Belton's qualifications include fifteen years of legislative and administrative experience. A successful farmer and former bank director, Belton held the presidency of the state senate and was acting Governor for a period of three months. He is now serving his third, four-year term as

state senator from Clackamas county.



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Including Tax

STAR REPORTER

Admission prices afternoon and evening, unless specifically advertised to be otherwise: Children: Est. Price .17, Fed. Tax .03, Total .20; Grade and High School Students 18 years and over: Est. Price .40, Fed. Tax .10, Total .50; Adults: Est. Price .50, Fed. Tax .10, Total .60. Every child occupying a seat must have a ticket. Sunday shows continuous starting at 1 p.m. Saturday evening shows start at 7 p.m. All other evening shows start at 7:30 p.m. Boxoffice open evenings until 9 p.m.

Friday-Saturday, Oct. 8-9

Tarzan and the Mermaids

Johnny Weissmuller, Brenda Joyce, Linda Christian, George Egan, Gustavo Rojo, Chita the Chimp.

The most spectacular of this entire popular series... a natural for action fans and swell show for anybody's money. Of additional interest is the excellent photography of the Aztec pyramids and Guerrero coast near beautiful Anapulco, Mexico.

PLUS

TIMBER TRAIL

Monte Hale, Lynne Roberts, Francis Ford, Fay Willsing and the Riders of the Purple Sage. Western photographed in color, and replete with galloping chase, gun battles and flint encounters.

Disney Cartoons in Technicolor

Sunday-Monday, Oct. 10-11

THE BRIDE GOES WILD

Jane Allen, Van Johnson, Dutch Jankins, Hume Cronyn, Una Merkel. A hilariously different picture of happy-go-lucky love... If you want to forget your troubles and just have fun, don't miss this uproarious comedy. NEWSREEL EVERY SUNDAY & MONDAY

Tuesday, October 12

WOMAN IN WHITE

Eleanor Parker, Alexis Smith, Sydney Greenstreet, Gig Young.

Wilkie Collins' sensational mystery story of a century ago has been made into a vibrant and engrossing motion picture.

Wednesday-Thursday, Oct. 13-14

HOME IN INDIANA

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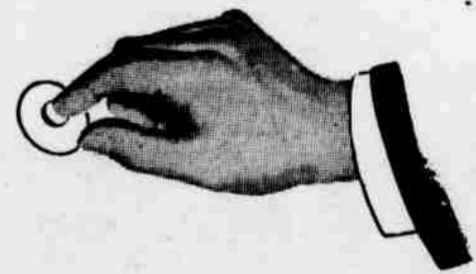
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