

Bacon and Eggs Provide Proteins

Oregon homemakers need fear no "high protein shortage" for their tables, such as has been bothering stockmen in recent years, points out Miss Mary V. Maw, emergency assistant, extension service. The abundance of an old American favorite combination, bacon and eggs, will supply high protein food that is ration-free and quickly prepared, she says.

A man-sized serving of two fried eggs with three rashers of bacon will supply more than 16 grams of protein, totaling about one-fourth of the adult daily need. One need not feel guilty of living sumptuously on these foods as the government is now appealing for more use of eggs to overcome a cold storage crisis, while hogs have been slaughtered in record numbers the past year.

Ways suggested by Miss Maw for serving these hot include scrambled eggs with diced bacon, shirred or baked eggs circled with bacon, and escalloped dishes of con, souffles with diced cooked bacon, an escalloped dish of left-over vegetables rejuvenated with bacon and sliced hard-cooked eggs.

French toast fried in bacon grease and served with bacon is a pleasing variation, she says.

Other suggestions are tender waffles and griddle cakes with bacon, served with poached, boiled, fried, or scrambled eggs. For toasted club sandwiches a fried egg can be substituted for the usual chicken, with alternate bacon strips, tomato slices, cheese, and lettuce leaves on the other pieces of toast.

For cool snacks there are deviled eggs with lettuce and tomato sandwiches.

Two Sisters Survive Tumble Over Cliff

PORTLAND, Ore., July 10.—(AP)—Two sisters who plunged down a 50-foot cliff near the Columbia river highway Friday were in an improved condition at a Portland hospital today.

Mrs. Claudia Austin, 17, Sumner, Wash., lost her footing while hiking through slippery moss and crashed over the precipice.

Her sister, Mrs. Florene Williams, 20, Hood River, Ore., ran to her aid only to slip in the same spot.

Other members of the party scrambled down to where the girls were lying in shallow water pools. Hospital attendants said their condition was serious but not critical.

Quebec Town Erased by Forest Fire; 1500 Flee

VAL D'ORE, Quebec, July 8.—(AP)—Fifteen hundred residents of three Quebec mining communities found refuge today in Seneterre and Rouyn after raging forest fires, worst in the province since May, 1943, destroyed one town and roared perilously close to the other two.

The fires, whipped by a high wind, wiped out the town of Pascalls, with a population of 300, after citizens were evacuated.

Cadillac, 38 miles north of Val D'Or, was seriously threatened for a time yesterday and women and children were moved by bus and train to Rouyn, 32 miles westward.

Huge fires likewise raged near Val D'Or but it was not believed in immediate danger.

Toll of Death in Plunge Of Troop Train Now 25

JELICO, Tenn., July 8.—(AP)—Wrecking crews amid smashed coaches of a shattered troop train removed additional bodies of soldiers and Night Police Chief Elmer Roberts said the death toll apparently was at least 25.

Roberts said 21 bodies had been lifted up the steep sides of the mountain gorge, where a Louisville and Nashville train left the tracks Thursday night, and four more had been located in the wreckage.

Army officers said 399 officers

and men—392 of them selectees—boarded the train at its point of departure. The injured included 92 hospitalized and ten who received first aid.

Glendale

GLENDAL—Dr. and Mrs. J. K. Howard entertained a group of friends at their home at Fir Point, Tuesday, July 4. A potluck dinner was served under the trees and the afternoon was spent visiting.

Miss Phyllis Smith returned to her home Monday from Eugene after visiting a week with relatives.

Mr. and Mrs. B. B. Gardner and daughter, Mildred, Miss Betty Aldrich, and Miss Beverly Lewis returned Tuesday night after visiting with friends for a few days at Bancroft, Oregon.

Misses Ester, Doll, and Betty Harbour, Miss Odella Cook, Miss Geraldine Blewens, and Mrs. Elsie Harris visited in Grants Pass, Tuesday, July 4.

Miss Yonnie Moze left Wednesday for her home in Salem after visiting the past ten days with Miss Gloria Wunsh.

The annual Young Peoples Presbyterian conference at Fir Point closed Monday, July 3. The young people were divided into two groups, 12 to 14 years of age and 15 to 19. Rev. Lawrence Mitchellmore of Jacksonville was the dean and Rev. Kenneth Wilson, a missionary from China, was the main speaker. A portion of the beautiful Fir Point grounds are a donation from Dr. and Mrs. J. K. Howard of Glendale. One hundred fifty delegates attended from southwestern Oregon and northern California.

Camas Valley

CAMAS VALLEY—Mrs. T. G. Lawson and Joanne have returned from their visit in California.

Mr. and Mrs. Curtis and two children spent the weekend at the home of Jess Kirkendall.

Floyd Stoble is building a new barn on his place.

Betty Holt is spending a week with her parents in upper Camas.

Louis Papst has his garage almost completed.

Frank Lewis and Roland Barney have sold their place in upper Camas to a man from Redding, California, who has returned there to move his wife and two children to Camas.

Joe Kirkendall has returned from Portland very much improved in health.

T. G. Lawson went to Roseburg Monday to attend the funeral of his cousin, Mrs. Annie Veatch.

Arvin Retz was home overnight. It will be his last visit before leaving for overseas. He brought his wife and daughter home. His mother will come from Amity to live with his wife while he is gone.

The Sunday school had a party on the church lawn Wednesday night with 21 persons in attendance. After a ball game and other recreation a weiner roast was enjoyed.

Thirteen girl scouts attended the evening service Sunday and contributed to the program.

The boy scouts had a swimming party Sunday afternoon. Jimmie Standley is staying with his grandfather, J. H. Parrot, and driving the tractor while they are putting up hay.

Mr. and Mrs. Merchen and two children spent the Fourth at the home of Noble Standley.

EASY STREET

JOLIET, Ill.—Property tax has been the least of Herman Metz's worries for many years.

City authorities recently found Metz's home was built in the center of what once was intended to be a city street but was never constructed.

Metz hasn't been sent a tax bill because the property has not been listed on the tax books since the house was built 30 years ago.

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Double Murder Charge Trails Family Battle

VANCOUVER, B. C., July 10.—(Canadian press)—Alexander Rusan, 55, Vancouver logger, faced a double charge of murder today over the fatal shooting of two Vancouver women and wounding of two men yesterday.

Slain were Mrs. Lucy Rusan, his estranged wife, and Mrs. Jack Preston, a friend of Mrs. Rusan. Jack Preston was shot in the head and Fred Remizoff in the stomach and arm.

The double killing occurred in the home the two women shared while the men were shot later while working on a house construction job.

Old Joke With Pistol Turns Into Tragedy

PORTLAND, July 10.—(AP)—What may have been an intended practical joke turned out tragically for Alfred L. Overton, 42, who died of a gunshot wound Friday after striking his gun muzzle in his mouth and pulling the trigger.

Known as a practical joker, Overton, newly hired guard at the city isolation hospital, banteringly pointed the pistol into his mouth after alighting from the

auto driven by a friend, Harry A. Gauman.

Gauman told officers this was one of Overton's favorite jokes, and expressed belief Overton thought the gun empty.

Elliott Roosevelt Denies Report of Engagement

LONDON, July 10.—(AP)—Col. Elliott Roosevelt denied through an army associate today that he was engaged to Capt. Ruth Briggs of the women's army corps or that he was planning to become engaged to her or anyone else.

Dispatches from the United States earlier in the week quoted relatives of the captain as confirming a report of their engagement.

Capt. Briggs later joined in a denial of the reported engagement, saying that "we are just good friends."

Auto License Examiner To Be Here Wednesday

A travelling examiner of operators and chauffeurs is scheduled to spend Wednesday, July 12, in Roseburg, conducting examinations for motor vehicle operators seeking driver or chauffeur permits. His hours will be from 9 a. m. to 5 p. m. at the Roseburg city hall.

Student Counsellor to Be in Roseburg Tuesday

Miss Gerd Hansen, Marshfield, director of the Oregon Federation, will be in Roseburg Tuesday, July 11, to meet any prospective students who are interested in attending the University of Oregon. She stated she would be glad to answer any questions about academic problems or living conditions which the students may have.

Miss Anita Young, 220 S. Kane or Miss Patricia McClintock, Box 888, both of Roseburg, will be glad to arrange appointments for meeting with Miss Hansen, or to answer any questions they can regarding the university.

NEWS OF OUR MEN—WOMEN IN UNIFORM

Victor Earl Sellers has been promoted from second to first lieutenant in the U. S. marine corps, according to word received from the marine station at San Francisco. A resident of Myrtle Creek, Sellers enlisted in the marines in January 1932. He was in combat action against the Japs at Midway, and was promoted through enlisted grades to staff

sergeant, and was selected from the ranks for commission as a second lieutenant.

Lieutenant Wayne R. Howe of Roseburg has been selected to attend the full track vehicle course at Fort Sill, Oklahoma, according to word received today from that base. A son of Mr. and Mrs. Harry G. Howe, 165 S. Second Ave., S., Lieutenant Howe is a graduate of Roseburg high school and Oregon State college. He has previously been in service at Camp Roberts, Calif.

Word was received Friday by Mrs. G. A. Klein, nurse at the Mevee hospital, that her son Harry Klein, machinist mate second class of the South Pacific, had been wounded with a piece of rigging which struck him on the head and below his right eye. It was stated that doctors are not certain if the use of the eye can be saved. Klein also received a badly fractured cheek bone.

Word has been received by Mrs. E. L. Teater that her son, Robert Teater, has completed a month of special training at I. R. T. C. at Camp Roberts, California, and will now train recruits. He was previously in the South Pacific for twenty-eight months.

Mahoney Heads Delegation.

PORTLAND, July 10.—(AP)—State Senator Thomas R. Mahoney has been elected chairman of the Oregon democratic delegation to the national party convention which opens in Chicago July 19.

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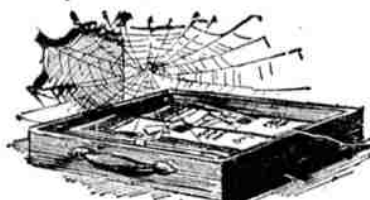
ROSEBURG, OREGON



You can't eat a Stock certificate



1 There are only 5 things you can do with money—pend it, lend it, invest it, bury it, or give it away. From the standpoint of pleasure alone, anyone would rather pend it. For when you lend it you have to deny yourself something you might have bought...



2 ...so that someone else can have the use of your money. And when you invest it, all you have to show for the things you didn't buy is a piece of property or a stock certificate—which you can neither eat, wear, ride in nor sleep under. In other words, there's no reason to own...



3 ...a chicken ranch or an oil refinery or stock in an automobile factory for your own personal use. You could buy all the eggs and gasoline and transportation you could use in a lifetime for far less money. Yet someone has to put up the money to buy the hens and build the refinery and put up the factory.



4 So in this country, we offer people compensation for lending or investing their money. Anyone who puts his money into "tools" that produce goods for everybody instead of spending it on goods for himself is compensated with interest or dividends.



5 For example, 31,375 individual Americans have financed Union Oil Company's "tools." Yet those "tools" make products for 40 times that many people. So if the company makes a profit, the 31,375 get dividends. Last year these averaged \$148.73 per stockholder-owner...



6 ...\$1.00 for each share of stock owned in the company. Of course, all "tools" could be financed by the government. But we Americans have chosen our method because it preserves the freedom of the individual, the efficiency of a free economy and that all-important human incentive—competition.

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