

Baby's Bedding Important To Health In Later Years

Six points are listed as important to the comfort of that new baby. Health experts the nation over have tested, quizzed and inquired into the subject and have come up with the following suggestions:

- 1. Safety.** The crib should be constructed of hardwood or some other material that will not splinter. Enamel or varnish, if used, should be non-toxic. Spindles should be close enough together so that the baby can't squeeze his head between them. Sides should have automatic safety catches so that baby, when he becomes more active, can't push them down and tumble to the floor. The hardware for adjusting them should be well out of his reach when he begins to stand.
- 2. To keep baby's back straight** and support his soft bones, a firm mattress is essential. Even the finest mattress can't be expected to maintain its firmness over a long period of time when used by a normally active baby who takes delight in jumping on it. Normally if of good construction, it will last until the child outgrows his crib. However, it should never become the legacy of a second child. A mattress covered in a flame retarding plastic gives added protection.

- 3. Sanitation and Cleanliness.** A healthy baby, of course, is the desire of every parent. Therefore, materials that are harmless, sanitary and easy to keep clean should be chosen. A waterproof covering on the mattress helps protect it

- 4. Convenient Motility.** Casters make the crib easier to roll from place to place for cleaning, maneuvering baby out of drafts, bright sunlight, etc. Many cribs have adjustable height springs, higher for the early months and lowered as the baby grows. They aid in eliminating backaches from stooping to lift the baby. Some cribs fold up for storage or easy carrying.

- 5. Appearance and Beauty.** No longer is a crib just a crib. There is a wide range of attractive styles and colors, either to blend with the decor of today's modern home or with more definitely nursery themes. Hardwood is given a maple (light) or birch (dark) finish. Many cribs are painted in favored pastel colors, allowing for great variety. Some have aluminum frames.

- 6. Durability.** Durability in the infant's crib and mattress means more than long lasting. It means comfort from the minute it is put into use. Of course, as in everything else today, parents will get what they pay for in both durability and lasting comfort.

Social Action Council Backed

NEW HAVEN, Conn. (AP)—Both sides voiced hope for good will and teamwork Tuesday after a hard scrap in which Congressional Christians gave near-solid backing to their Social Action Council.

Spokesmen for the losers and victors alike said they would seek to work together and iron out differences.

The sweeping 876-10-17 vote by the denomination's convention in support of the council came Monday as the climax of a long struggle by a minority group to muffle it as a "Christian voice" on current issues.

After the ballots were in, James C. Ingber, president of the League to Uphold Congressional Principles which has opposed the council, said: "I accept and respect the decision."

He later told reporters it may be possible in conferences to "level the areas of controversy," and that the league plans no new efforts to split support from the council at present.

"If it complies with the spirit of the review board's full report," he said, "the differences may be resolved."

Salads, Crisp, Cool, Unequaled In Good Eating

A crisp cool salad is unequaled in simplicity and satisfaction. It is simple to make and satisfying to eat. You'll find creamy fresh dairy foods help make spring salads especially satisfying and good to eat, for they add flavor and appetite satisfaction to any salad. Use them as a garnish, in the dressing or added to the salad itself; whatever combinations you use, you'll find that your salads look better and taste better. And here are some spring fresh, mighty tasty examples to prove our point:

Old Fashioned Lettuce Bowl (Serves 4)

- 1/2 cup light cream
- 1 tsp. sugar
- 1/4 cup vinegar
- 1/4 tsp. salt
- 1 medium head lettuce
- 1/2 cup chopped green onion
- Combine cream, sugar, vinegar, salt, in salad bowl, tear lettuce into bite size servings, add onions, then, cream mixture. Toss and serve at once.

Vegetable Cheese Salad (Serves 4)

- 1 pkg. frozen mixed vegetables, cooked and cooled
- 1/4 cup chopped green pepper
- 1/4 cup coarsely grated carrot
- 1 Tbsp. minced onion
- 1/4 cup sliced celery
- 1/4 cup French dressing
- 1/4 cup crumbled Blue cheese
- Combine all ingredients, toss well. Chill several hours. Serve in lettuce cups.

Cucumbers in Sour Cream (Serves 4 to 6)

- Pare, then thinly slice 3 cucumbers. Add 1/2 tsp. salt, 1/4 tsp. pepper, 3 Tbsp. minced chives or green onion, 1 cup sour cream and 1 Tbsp. lemon juice. Chill about 4 hours and serve.

Island Fruit Bowl (Serves 4)

- 1 No. 2 can pineapple chunks well drained
- 1 cup sliced celery
- 1/4 cup sliced banana rounds
- 1 3-oz. pkg. cream cheese
- 1/4 cup sliced almonds
- Combine pineapple and celery; chill. To serve, fold in cheese and bananas and just enough dressing to moisten (about 1/2 cup). Serve on lettuce and sprinkle with sliced almonds. Pass extra dressing. Serve with Coffee-Fruit Dressing. Chopped dates may be added or substituted for bananas.

Coffee Fruit Dressing (Makes 1 1/2 cups)

- 1 1/2 tsp. instant coffee powder
- 1/2 tsp. dry mustard
- 1/2 tsp. salt
- 1/4 cup melted butter
- 2 1/2 cup sweetened condensed milk
- 1/4 cup lemon juice
- 1 1/2 cup pineapple juice (canned)
- 1 egg yolk
- Blend together coffee, mustard,

salt; stir into butter. Combine milk, juices and egg yolk; stir in butter mixture. Beat until thickener. If thicker consistency is desired, chill before serving. Serve with Island Fruit Bowl.

With The Women

By JANE EADS

WASHINGTON — Since Congressional investigations seem to be a favorite diversion on Capitol Hill, why not appoint a committee to look into the case of Betsy Ross?

The Army's Quartermaster Corps says it never has been able to find any record that Betsy Ross made the first American flag or, indeed, that the pretty little Quaker widow ever existed at all. The Army claims the whole Betsy Ross business is just a pretty legend. Some historians and flag authorities say the same, though they are still at a loss as to just who did design and make that first famous emblem.

Historians challenge the Ross story primarily on the grounds that the journals of Congress and other records of the period contain no mention of the flagmaking.

However, most school children

clinging to the Betsy Ross story and, according to Miss Helen Nicolay, historian and daughter of John Nicolay, who was Lincoln's secretary, is just about as it should be.

Miss Nicolay, who was born in 1896 in Paris while her father was American consul, says that often the legendary story built around favorite characters in history catches the spirit and drama of an occasion and gets over to the young student the essential facts of a person's character better than attempts to prove points by 29 or 30 footnotes which leave some youths cold.

"Even if George Washington didn't cut down the cherry tree and then stand bravely to tell his father 'I cannot tell a lie,'" Miss Nicolay says, "the legendary story gets over the important facts that Washington was essentially a man of honesty, truthfulness and courage."

Miss Nicolay defends the use of legend by historians only so far as it does not alter main facts or dates. A bright, witty wisp of a woman who is recovering from a heart ailment, Miss Nicolay has written numerous books, including many for young people, on the lives of Lincoln, Grant, Decatur, Hamilton, Jackson, Washington, Franklin and Jefferson. She is a noted biographer and editor of Lincoln's writings and one of her latest stories is about her own father, "Lincoln's Secretary." In 1945 she wrote "MacArthur at Bataan."

Raisins, Cocoa Flavors Mingle

Don't you get a certain feeling of satisfaction out of bringing a luscious-looking frosted cake to the table for dessert? This "Raisin Cocoa Cake" is wonderfully textured and its flavor is divine.

It's put together a little differently by making a paste of cocoa and water, and sour cream is used for shortening. We like the simple confectioners' sugar icing that is given here, but any chocolate or plain icing can be used to frost this easy cake.

Raisin Cocoa Cake

- 1 cup seedless raisins
- 1 1/2 cup cocoa
- 1/2 cup boiling water
- 2 eggs
- 1 cup thick sour cream
- 1 teaspoon vanilla extract
- 1 1/2 cups sifted all-purpose flour
- 1 1/2 cups granulated sugar
- 1 teaspoon soda
- 1/4 teaspoon salt

Frosting: Heat 3 tablespoons butter or margarine and 3 tablespoons milk to boiling. Add 3 tablespoons cocoa and dash of salt, and stir until smooth. Stir in 2 cups sifted confectioners' sugar and 1/2 teaspoon vanilla. Beat until spreading consistency. Serves 9 to 12.

Dislike Dishes? You, And 60 Million Others

Sixty million women may disagree on how to do dishes, when to do dishes—and more to the point—who should do dishes. But three times a day most of them are united by a common bond. They don't like to do dishes. It's dull work but until someone invents a disappearing pan or a plate you can eat with your beef, dishwashing will remain the inevitable aftermath of moonlight and roses.

Yes, the job may be dull, but it needn't be deadly. In fact, here are a few ingenious ideas for making a big splash of the whole business.

The best idea is to get someone else to do it and an estimated 1,350,000 smart ladies push a button and a mechanical dishwasher takes over. Those who don't have dishwashers have husbands and that's almost as good. At least 82 per cent chuck the icky job off on them. Apparently children get used for more than tax exemptions. In 67 per cent of the families dishwashing is their fate.

Since everything from banquets to picnics makes dirty dishes, anything to make the job easier is worth noting. So if you haven't a dishwasher—mechanical or manual—start organizing equipment. For instance, do you have to bend to reach the dishpan? Raise it with two blocks of wood. No drainboard space? Rig up a fold-away one hinged to the wall.

Do you have the obvious tools? A wire dish rack for draining dripping dishes are you using detergents so you can drip-dry? Do you have a dish-scraper? A long-handled brush for bottles? Abrasive material for burned pans? A spray attachment so you can rinse in hot water? A rubber safety mat?

A large tray or dish wagon? Flaming dishes brightly-piggedy is a real time-thief. Group like-dishes together at the table. The conventional order is: glassware first, then silver, plates, chinaware, serving dishes, baking dishes and finally pans. But how about reversing this whole process? Get the pans washed first to clear the clutter. Then get the bigger serving dishes out of the way too. This gives more working space—plus the feeling midway through the job that you're really over the hump.

To many a diet-starved American there is no greater taste thrill here than big chunks of tough-crust French bread spread half an inch deep with yellow Normandy butter.

It takes a man back to the days of childhood, when coming home hungry from play, bread was the golden food.

A French waiter, watching a group of us put down plate after plate of the wonderful bread here, asked:

"Don't you have bread in the United States?"

It was a hard question to answer.

In Germany the best food buy is bratwurst. It is a section of pork sausage about a foot long and so heavy it takes two small boys to lift one.

Colors Contrast In This Salad

The contrast of the pale delicate green of the avocado with the light canned pears makes a pretty dinner salad. Chopped ripe olives, cream cheese and chili sauce are blended to give the "oomph" as well as attractive garnish to this easy-to-do, refreshing salad.

Tropical Dinner Salad

- 1 large avocado
- Lemon juice
- Salt
- 4 fresh or canned pear halves
- 1 lettuce
- 4 tablespoons chopped ripe olives
- 1 (3-ounce) package cream cheese
- 2 tablespoons chili sauce
- Cut avocado into halves lengthwise and remove seed and skin.

Cut each half into 4 lengthwise slices and sprinkle with lemon juice and salt. Then arrange 1 pear half on each of 4 lettuce-garnished salad plates and place a section of avocado on each side of pear. Blend olives, cheese and chili sauce. Fill pear halves with cheese mixture. Serve plain or with tart French dressing, if desired. Serves four.

Owners of American baseball clubs wishing to lure fans back to the ball parks might try replacing their present anemic hot dogs with these St. Bernard lengths of Bratwurst. After downing one, a fan would be too sleepily satisfied to complain about the quality of the mustard—or the pitching.



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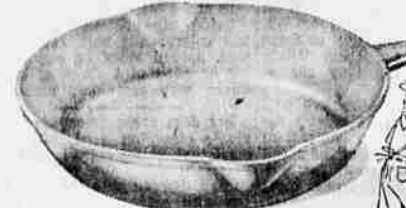
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