

Menus Of The Day

By Mrs. Alexander George SMILING LUNCHEON MENU Chilled Baked Fruit Tuna Mousse and Mayonnaise Creamed Potatoes and Peas Celery Olives Hot Rolls Plum Jelly Vanilla Ice Cream, Chocolate Sauce Spice Cake Coffee

Tuna Mousse, Serving Eight 2 tablespoons granulated gelatin, 4 tablespoons cold water, 1 cup boiling water, 1 1/2 cups tuna, 1/4 cup chopped sweet pickles, 1/2 cup chopped pimento stuffed olives, 1/4 cup finely chopped celery, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1 cup whipped cream, 1 cup mayonnaise.

Soak the gelatin and cold water for 5 minutes. Add the boiling water and stir until the gelatin has dissolved. Cool and chill until a little thick. Heat and add the tuna, pickles, olives, celery, salt and pepper. Allow to thicken a little and fold in the whipped cream and half the mayonnaise. Pour into a mold which has been rinsed out of cold water. Set in a cold place to stiffen. Unmold on lettuce and surround with the remaining mayonnaise. Other fish or chicken can be used in place of tuna.

Chocolate Sauce 1/2 cup sugar, 2 tablespoons flour, 1/2 square chocolate, cut fine, 3/4 teaspoon salt, 1 cup water, 1 teaspoon vanilla. Mix the sugar and flour. Add the chocolate, salt and water. Cook until a little thick. Stir constantly. Add the vanilla and serve warm or cold.

Spleen Sour Milk Cake 1-3 cup fat, 1 cup light brown sugar, 1 cup sour milk, 1 teaspoon vanilla, 2 teaspoons cinnamon, 1 teaspoon cloves, 1 egg, 1 1/2 cups flour, 1 teaspoon soda. Cream the fat and sugar. Add the rest of the ingredients and beat for 2 minutes. Pour into a shallow pan which has been lined with waxed paper. Bake for 20 minutes in a moderately slow oven.

Holl 2 tablespoons of soda and 2 cups of water in coffee and tea pots to remove the brown stains. Wash well in hot soap suds and rinse in cold water.

Spice cookies and tea or coffee are suitable to serve afternoon guests.

RADIO TO AID COPS MEMPHIS, Tenn. (AP)—Station

JUST PLAIN SCARED

By Oscar Hitt



THAT FIRST VISIT

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WMC of the Memphis Commercial Appeal and Evening Appeal will become a police agency as soon as a remote control apparatus is installed at police headquarters. A received will be installed in every fire and police station in Memphis.

WOMEN NOW PREFER OUTDOOR EXERCISE

WASHINGTON (AP)—Society's pet sports, bowling, ten pins and squash, are being adopted by club women.

Women lawyers and doctors, and those who hold government executive positions, find relaxation after business hours in building muscle by one of these methods.

They are becoming formidable rivals of debutantes and society matrons who seek to keep thin by exercise. Parlor games like bridge

are still in favor, but club and society women alike are preferring games which afford exercise as well as amusement.

NAMED TO CLUB POST

CHICAGO (AP)—Helen M. Bennett, originator of the Women's World's Fair, held for a number of years here, has been made magazine chairman of the National Federation of Business and Professional Women's clubs.

TEACHERS SEEK CENSOR TO TRIM YANKEE SLANG

MELBOURNE, Australia (AP)—The annual conference of school teachers decided to request the federal and state governments to impose a stricter censorship of American talking pictures.

"Some of the American slang we hear in the talkies actually amounts to obscenity," said Miss M. Flynn in a violent denunciation of American talking pictures at the conference.

Other delegates said that they were exercised by the harmful influence of the speech of Australian school children.

BUSY YEAR FOR BOWBOY

PERUGIA, Italy (AP)—This region of Umbria saw more marriages in proportion to population than any other in Italy during the past year. The figure per thousand inhabitants was 7.48 per cent, and the ceremonies totalled 5,125. The rich northern province of Lombardy came next, with 4,059 weddings and a 7.41 percentage.

Health Talks

FOOD MAKES THE MAN

It is many a year since Captain Cook made his famous voyage and proved that by proper sanitation and the inclusion of lime juice in the diet of his crew, his sailors could be kept in good health and spared from the ravages of scurvy. Since his time man has been lectured about foods and their role in the besting and maintaining of good health. What, however, has been learned by science about foods and nutrition during the last half-century amounts to more than all that was discovered and known previously.

The vitamins that loom so large today in all matters that pertain to nutrition belong to the science of this century, and despite the vast amount of study that has already been spent on them still represent a realm of vast unexplored territories. Despite the fact, however, that there is so much more to be learned about foods and nutrition, there is evidence present that confirms the old conclusion that it is not clothes but food that makes the real man.

The ever-advancing science of nutrition serves to confirm the worth of what has been justly termed the staples of life. The practical results of our researches lead to the one primary conclusion that good health and normal growth and development depend upon proper feeding.

Proper feeding, on the other hand, does not presume any finely diet made up largely of manufactured substances with artificial virtues, but rather implies an all-inclusive diet in which the old standby foodstuffs such as milk, eggs, fruits, green and other vegetables and meats are most prominent.

There is a distinct satisfaction in having the latest science confirm the soundness of the advice offered by physicians for centuries past.

AIR RATES AVERAGE—7.6 CENTS PER MILE

CHICAGO (AP)—Reductions in the "high cost of flying" have brought air travel rates to an average of 7.6 cents a mile. Figures from 22 operators of air passenger lines were analyzed by the American air transport association to obtain the average fare, a mark 2.3 cents higher than the average cost per mile by rail and sleeper.

Until cut rates went into effect, the average cost for air passengers was 11.5 cents a mile.

BRITISH PLAN AIR MAP OF RHODESIA AND SUDAN

LONDON (AP)—Aerial mapping of Rhodesia and the Sudan, planned by two English expeditions, is expected to crowd 15 years of ordinary work into 18 months. It will be the largest aerial survey ever undertaken. Nearly 100,000 square miles of unmapped territory will be covered and more than 15,000 photographs taken.

A survey of 20,000 square miles of the Anglo-Egyptian Sudan will be made for the Egyptian government irrigation department.

KLONDIKE FUR CROP LIGHT

JINEAU, Alaska (AP)—Indians of the Klondike district report a scarcity of fur-bearing animals this winter.

MUCH WOOD IMPORTED

WASHINGTON (AP)—Despite production of domestic lumber mills, the United States imported \$2,600,000 in wood and wood manufactures during 1929.

Toll Taken by Illness

It is estimated that at least one venereal illness will occur in one out of four families during the course of a year, and that 2 per cent of the population is at all times too ill to work.

Always Liked This Joke

We know a member of the younger generation who declined an invitation to attend a horse show recently on the ground that he'd already seen a horse.—London Answers.

Kentucky's Distinction

Kentucky has 1,800 miles of navigable streams and 12,000 miles of fishable streams, said to be the greatest mileage of this kind in any state in the United States.

British Invention

It is not known what individual invented the death bomb. There have been many claims made. However, it is known that the bomb originated in the British navy.

Shines On Links

Maureen Orcutt, a contender for the women's national golf title, is showing great form in the southern tourneys.

Over Night News

By the Associated Press Domestic

WASHINGTON—Senate rejects tariff duties on oil, and approves levy of 30 cents an ounce on silver.

WASHINGTON—Department of labor says county, municipal and public utility building programs will materially decrease unemployment.

PHILADELPHIA—Explosion of gasoline tanks at oil reservation badly damaged tanker and destroyed pier, tank cars and warehouse.

DENVER, Colo.—Major Charles A. Shepard says he became engaged to Grace Brandon eight months after death of wife he is accused of poisoning.

INDIANAPOLIS—United Mine Workers' convention defers proposals which would strip international President Lewis of power to appoint organizers.

FARMINGTON, Utah—Delbert Green, self-confessed slayer of three, chooses firing squad instead of hangman's noose as means of execution.

NEW YORK—Greek freighter Euzenia, which sent out S.O.S. when steering gear became disabled, effects temporary repairs and continues voyage.

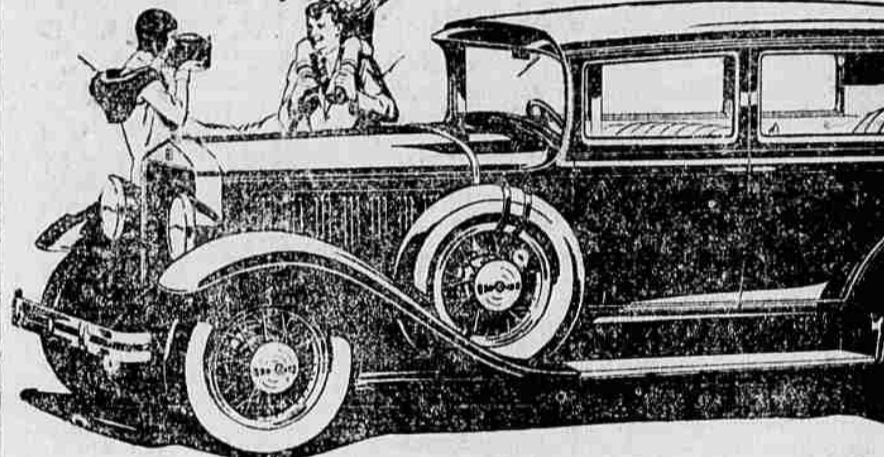
COURTENAY, N. D.—Body of assistant bank cashier found in vault with bullet hole through heart; \$3,000 in currency missing.

DYNAMIC! Studebaker's New ERSKINE

Not only is the Dynamic New Erskine dominant in performance, but in size and value as well. A 70-horsepower engine, cushioned in rubber, provides reserve power. Its 1 1/4 inch wheelbase—its style and its many fine car features make it one of the major triumphs of Studebaker's 78 years of quality manufacture. It provides, for instance, Duo-Servo 4-wheel brakes; Hydraulic shock absorbers; Self-adjusting

spring shackles; Lanchester Vibration Damper; Thermostatic controlled cooling; Ross cam-and-lever steering; Safety steering wheel and adjustable column; and Genuine mohair upholstery.

THE STUDEBAKER CORP. OF AMERICA A. R. Erskine, President



M. J. GOSS Fir and Adams.

BUILT BY STUDEBAKER—BUILDER OF CHAMPIONS

French-fried potatoes can be done to a turn if cooked



a few at a Time

Hills Bros Coffee is roasted to a turn because only a few pounds at a time pass continuously through the roasters

SLOWLY—continuously—a few pounds at a time, the famous blend—Hills Bros. Coffee—passes through the roasters. Every berry is roasted evenly. An exact process that is fittingly called—Controlled Roasting.

No bulk-roasting process can be so accurate as Controlled Roasting nor produce such perfect flavor and aroma. And no other coffee can ever taste the same as Hills Bros. Coffee because Controlled Roasting is Hills Bros.' exclusively.

Hills Bros. Coffee in vacuum tins is sold by grocers everywhere. All the goodness produced by Controlled Roasting is sealed in. Ask for Hills Bros. Coffee by name and look for the Arab—the trade-mark—on the can.

HILLS BROS COFFEE

Fresh from the original vacuum pack. Easily opened with the key



LOOK FOR THE ARAB ON THE CAN

power for the full piston stroke

The greater power of one gasoline over another is determined by the expansiveness of the explosion. Maximum power can only be developed when the explosion expands and pushes the piston clear to the bottom of the stroke.

VELTEX GASOLINE

The greater power Veltex Gasoline develops in a motor is due to its complete and expansive explosion when the spark hits it.

Veltex Gasoline, because of its special refining, enters the motor as a true, combustible vapor. Consequently it applies a full depth power push to the piston head—and since all of it explodes it gives you more power, more speed and more mileage per gallon than less expertly treated gasolines.

Fletcher Oil Company, Marketers of Veltex Petroleum Products (Oldest Independent Marketers in the Northwest)

VELTEX MOTOR OIL

Pure Paraffine Base The extra viscosity of Veltex Paraffine Base Oil gives it a greater and longer lasting lubricating consistency. Because of this it is the best and lowest cost motor oil you can use.