



FIGHTING FRONT IN AFRICA—Additional news from North Africa makes more impressive the success of operations against the enemy. One well executed landing and occupation was at Fedala, French Morocco. Above, landing anti-tank batteries on the beach near Fedala. Below, first U. S. flag over the beach head at Fedala Harbor in token of a successful operation. It waves over a machine gun mounted on packing cases.

Soy Beans

(Dr. H. A. Hagen)

A Valuable Protein Food

Since Soy Beans are suggested as a valuable source of Protein to supplement the meat protein in the diet, it is well to discuss some specific methods of using them.

Before discussing preparation, it is well to discuss some of the characteristics of the Soy Bean itself to see how it varies from the more commonly used beans such as Lima, Navy, or Kidney beans. The carbohydrate values of the latter commonly used beans average about 25% while the protein values are a little less than 10%. These beans when cooked become soft and if overcooked, disintegrate into a mushy mass, thickening the liquid in which they are cooked. One usually thinks of these beans as starchy vegetables in spite of the fact that they do contain more protein than most other vegetables commonly used in the daily diet.

Soy Beans Versus Common Beans

Soy beans are quite different in composition as they have a protein value that would average about 40% (considering all varieties) and fat content between 15% and 18%. The significant thing about the carbohydrate value is that only about 1/4 of it is made available for body use. Analyses show that the total carbohydrate value would range between 25% and 30% but much of this carbohydrate is of a complex nature which the human cannot digest, therefore, we only consider in dietary calculations the available carbohydrate, which is between 6% and 8%. This peculiar composition of Soy Beans makes them adaptable to the starch restricted diet and also makes them an ideal meat substitute because of the high percentage of good quality protein.

In cookery, soy beans always retain their shape. They become tender but the texture and chewing qualities are always more like the "chewiness" of nut meats. Soy beans are mild in flavor, so combine well with other food flavors. In preparation, Soy Beans need to be soaked in water over night (or about 12 hours) and then cooked for about two hours. After bringing to a boil it is best to reduce the temperature to slow cooking. Salt should be added early in the cooking process.

If one wishes boiled beans one may season them to suit the individual taste. Either using butter, bacon fat, or bone from soaked ham. To make soup, it is necessary to actually mash cooked soy beans or press them through a coarse sieve as they do not become mushy.

How to Substitute Soy Beans

Normal individuals may prepare Soy Beans in any of the many ways that ordinary beans are prepared. The individual on a calculated diet should use such quantity of beans as will compensate for the protein of the meat for which substitution is being made. 65 grams of dry soy beans are the protein equivalent of 100 grams of lean meat. On that basis 50 grams of dry soy beans would contain the protein equivalent of 75 grams of meat, and 33 grams of dry soy beans would be equivalent to 50 grams of lean meat.

After you have determined what weight of soy beans is equivalent to your meat allowance for the meal, weigh out the dry beans, soak and cook them. When meat is to be omitted as a seasoning, use vegetables, vegetable extracts or powders, or herbs for seasoning. A small amount of roasted peanuts ground in with the cooked soy beans gives a very good flavor to a soy bean loaf. Soy grits used as a fried mush or the use of soy bean flour in pancakes or fritters are the other means of making up the protein allowance of the meal.

—Edward Jerome Dies in "Soybeans, Gold From the Soil."

ONLY HALF AS MANY VISITORS TO UMPQUA FOREST

The Umpqua National Forest reports only half as many recreation visitors in 1942 as visited the forest in 1941. Forest Supervisor V. V. Harpham reported 42,000 visitors last year as compared with 90,000 in the previous year. The decline was heavier in the one-day visitors than in the overnight campers. The heavily used areas were Diamond Lake and the North Umpqua river road.

A much heavier decrease in forest recreation is expected for 1943. At the present time it is impossible to predict whether the Diamond Lake and North Umpqua resorts will be open or not. Camp grounds will be open, as far as fire conditions will permit, for the enjoyment of those persons who are able to save enough gasoline to make the trip to the forest.

MILEAGE RATION FUEL MUST STAY IN BOUNDS

Holders of gasoline ration books who use their allotments before the expiration of the period of validity will get no ration relief, Office of Price Administration officials declared.

"Persons misusing their supplemental rations will not be given any consideration for additional rations irrespective of the type of employment in which they might be engaged," John M. Olney, regional mileage rationing representative, said. However, he pointed out that this does not apply to cases where the ration was not sufficient to take care of eligible requirements.

GOVERNMENT TOSSES SURPLUS WHEAT ON MARKET

WASHINGTON — The government tossed its 235,000,000-bushel stock of wheat on the market Saturday in a move to keep prices from advancing above the parity level.

The wheat was offered at prices equivalent to parity at the point of storage. Parity prices vary according to point of storage and quality of the grain, but the national average December 15 was \$1.37 a bushel.

Officials said that the bread grain had been advancing and that today's action was expected to keep market prices from going above parity as long as government stocks were available at that price.

SANTÉE INITIATED

UNIVERSITY OF OREGON, Eugene—Carleton Santee, Cottage Grove, was recently initiated into Delta Upsilon, men's social fraternity.

Santee has spent the past term as a pledge, and upon receiving a grade point of 2.00 or better, automatically became eligible for membership.

Gowdyville

Mr. and Mrs. Dave Quarstrom of Cottage Grove were Sunday dinner guests of Mr. and Mrs. Nels Mattson.

Mrs. Marion Doyle and daughter Gayle who visited recently at the homes of Mr. and Mrs. A. V. Hoopes and Miss Marion Williams left Monday for Los Angeles where they will make their home.

Mrs. Art Corliss and children spent several days last week with Mr. and Mrs. Oliver Nichols of Latham.

Mr. and Mrs. Ben Absher visited Mrs. Tressler in Eugene Sunday.

Dixie Lee Freeman of Culp Creek spent Saturday with her grandparents, Mr. and Mrs. Nels Mattson.

Miss Virginia Andrews of Cottage Grove visited several days last week with Ruth Davis.

Mrs. Lela Alford of Roseburg has been visiting with Mr. and Mrs. K. L. Ottinger.

Mr. and Mrs. Max McGuire of Cottage Grove spent Saturday evening with Mr. and Mrs. Dale Harris.

Gowdyville club met Wednesday, January 20, at Mrs. A. B. Smiths for an all day meeting with a pot-luck dinner. Several members were absent due to the weather. Mrs. Nels Mattson won the prize from the drawing. The next meeting will be held all day at Mrs. John Schmitts, February 3rd.

Saginaw

Mrs. Howard Keene gave a shower at her home Friday afternoon for her sister-in-law, Mrs. Walter Cline. Seventeen ladies were present and Mrs. Cline received many nice presents.

Sunday dinner guests at the Lowell Benston home were Mrs. Laura Greer and Earl Hayes of Cottage Grove and Mr. and Mrs. Frank Grimes and sons.

Mrs. Cliff Gersbach left for California Thursday where she will visit her husband, Lt. Cliff Gersbach, for several weeks.

Mr. and Mrs. Frank Chapman of Cottage Grove spent Friday evening at the Jim Abbott home.

Several have been ill with the flu and colds.

Walter Cline who is employed at Portland came home Thursday to spend several days with his wife.

BIRD FEED SENT OUT

N. J. Nelson, Monday, said the Rod and Gun club had sent out about 400 pounds of feed to feed the birds, restricted by the snowfall. Because of the snow birds in many places found the hunting of food a difficult proposition and some bird casualties are believed to have resulted from this condition.

Victory Gardens Plus More Dried Foods Suggested

Universal planting of victory gardens were possible, plus early action to provide community dehydrators and driers, is advocated by E. H. Wiegand, head of the food industries department at Oregon State college, as one way Oregon can help meet the future civilian food supply situation.

After analyzing the estimated pack of canned fruits and vegetables as compared with the amount to be taken by the government or military and lend-lease use, Wiegand says that "while there is no need for anyone to go hungry, the newest regulation dealing with the commercial packs of canned food should give us something to think about in connection with our food problems."

Professor Wiegand reports that the estimated total pack of canned vegetables for 1943 will approximate 176,800,000 cases. Of these, 92,900,000 cases will be required by the government. The total pack of canned fruit is estimated at 47,500,000 cases, of which the government will need 31,700,000 cases.

This makes a total output estimated at 224,300,000 cases of which civilians will receive only 99,700,000. Figures on average civilian consumption between 1937 and 1939 show that America consumed in the neighborhood of 200 million cases annually of canned foods of all kinds.

"In many parts of Oregon, and particularly in the Willamette and Umpqua valleys, there are large numbers of dehydrators and much drying equipment well located to provide means for drying a large quantity of vegetables and fruit for the civilian consumer, provided it is used for this purpose," says Professor Wiegand. "If victory gardens are planted in large

FIR IS FLYING FOR VICTORY



"Fir" is flying on all the fighting fronts of the United Nations, thanks to the men of lumber in West Coast woods and mills, according to Geoffrey F. Morgan, manager of the Douglas Aircraft Company's speakers bureau, who will address the luncheon session of the West Coast Lumbermen's Association, at Tacoma, Friday, January 29. Mr. Morgan's subject will be "Air Power for Victory." Nationally known in education, a world traveler, and a former member of the California legislature, Mr. Morgan has in recent years won note as a lecturer and writer on industrial production for war in the air.

numbers much of the raw material they produce can be conserved for future use through drying and dehydration, either in small units or by drying in community dehydrators and driers.

"It is suggested that steps be taken at once where these driers are located so that the people can band together to operate them on share basis or by some other arrangement."

Salesbooks, receipt books, book-keeping systems. The Sentinel.

Lynx Hollow

Mrs. Lyle Taylor was hostess to the Community club. Nine members were present. The next meeting will be on February 3 at the home of Mrs. Harold Rodway.

Mr. and Mrs. R. E. Moore of Garden City, Missouri, are visiting at the home of his brother and sister-in-law, Mr. and Mrs. W. M. Moore.

Pvt. A. M. Eppenbaugh of Klamath Falls was home recently visiting with his wife and parents, Mr. and Mrs. Jos. Eppenbaugh. Mr. and Mrs. Fred Kinsland entertained recently with a pinocle party. Twelve guests were present.

Pigeons Fly 600 Miles a Day
A study of performances discloses homing pigeons can fly 600 miles a day.

KEM'S for DRUGS

The Rexall Store

This year marks the 40th anniversary of REXALL and our 32nd year as a REXALL agent. Since "Life begins at forty" REXALL is just hitting its stride and we are proud to be one of more than 10,000 independent stores throughout the world that have had a part in introducing REXALL to the public. Thirty-two years experience in this fine democratic organization finds us with no regrets for having cast our lot with them or for the acceptance of REXALL by the public.

Remember REXALL products are sold you on a money back guarantee to give you satisfaction. Try these fine products at our risk.

There's a heap of comfort in an Ejectrex HEAT PAD \$3.29 & \$1.39 A Rexall Product

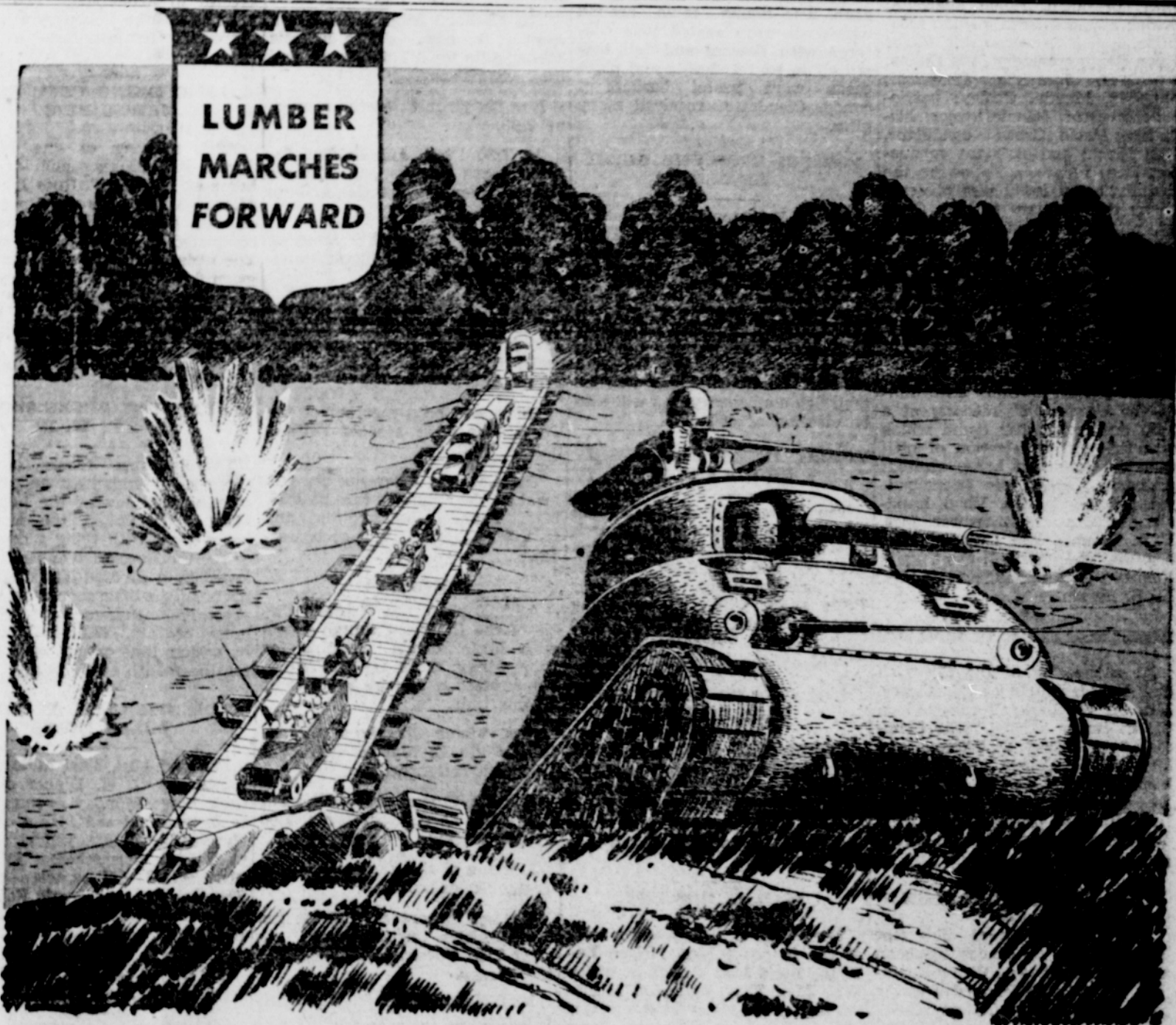
Pleasant & effective Mouth Wash & Gargle KLENZO ANTISPTIC 50c A Rexall Product

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Use the best remedy first to break a cold ASPIROIDS 36's 50c A Rexall Product

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Vitamin Deficiency? Get PLENAMINS, over 2 months treatment \$4.79 A Rexall Product



THERE MUST BE LUMBER

on every fighting front

Men of Lumber: That tree you felled and bucked this morning may form a ponton bridge across an enemy river and carry the charge of victorious invading United Nations troops and tanks and guns! It's happening right now—as cited by General MacArthur in the action of the Northwest's own 41st Division in New Guinea!

You can't cross rivers without pontons. You can't move ammunition up to fight-

ing fronts without cases, boats and trucks. Invading Marines can't land without barges. Troops can't be housed and trained without cantonments. Yes! Wood is a vital fighting tool on every fighting front!

Every fighter for freedom counts on the men of lumber to "deliver the woods." A challenge that has been, is being, and will be met! The Men of Lumber March Forward!

Let's keep 'em booming



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