

War Aims of Japs Basis Of Hit Film

"Behind the Rising Sun," RKO Radio's amazing film revelation of Jap war aims, is the sort of picture that makes one exclaim: "Why didn't somebody think of this before?"

(This picture opens at the Arcade Theatre October 27.

Based on James R. Young's best-selling book, the unusual offering gives dramatically the reasons for Japan's attempt to wipe out the American fleet at Pearl Harbor. As a portrait of Japan and the Japanese people and how they got that way, it is a remarkable achievement, as well as thoroughly absorbing screen entertainment. And it marks the first effort on the part of any American film company to present such a timely and obviously valuable picture to American film patrons.

All this may make "Behind the Rising Sun" sound as though it were a documentary film, which of course it is not. Basically it is a stirring and honestly told tale

of six persons, three of them Japs and three Americans, whose lives are brought together in Tokyo during the significant years from 1936 on, when the Jap army leaders, drunk with dreams of world conquest, were preparing their stroke against the United States.

It is a strikingly human story, without exaggeration and without rancor, and its drama brings home to the spectator as no printed words could do just what it is we are fighting for in the Pacific, and why. Margo, Tom Neal, J. Carrol Naish, Robert Ryan, Gloria Holden and Don Douglas do brilliantly in the leading roles of the picture. Edward Dmytryk's sensitive direction of Emmett Lavery's finely-written screenplay helps to make the picture one of the year's real events.

SOME POINTERS IN MEAT COOKERY

In order to obtain the maximum of nutrition from meat in a time of meat scarcity, the consumer should use care in cooking. The biological value of meat or its usefulness in the body as food, is lowered somewhat in preparing it. However, the losses can be held to a minimum if the drippings or the juices of the meat are cooked in or are used to make gravy. With meat which is seared for roasting and broiling, the losses cannot be recovered since the fats are chemically modified and become indigestible. This is true also when meat is burned by roasting, frying, or broiling it at too high a temperature.

Cooking by moist heat results in a greater loss of thiamine (vitamin B1), riboflavin (vitamin B2), and nicotinic acid (niacin), than when the cooking is by dry heat, as in roasting or broiling. Most of these water-soluble vitamins, however, can be saved if gravy is made and used. In all meat cookery, care should be taken to keep the temperatures low or moderate; this requires that in roasting the temperature should be kept at or near 300 to 350 degree Fahrenheit, and in stewing the temperature should be kept a little below the boiling point.

As to the use of gravy as a means of avoiding waste in meat cookery, it is to be remembered that the fats present in the gravy slow the digestion somewhat and, therefore, it may be undesirable to eat gravy with a meal which is rich in other respects (rich implying a fat piece of meat, a big piece of pie or pastry, ice cream, or desserts prepared with butter, hard sauce or whipped cream). It should be added that investigators consider that fats from animal sources in the so-called "shorter fatty acid series" are not so indigestible as other fats. The damage done to fats in over-heating is considered to be due largely to such substances as acrolein (which gives the irritating pungent odor noted when fats are burned) and the peroxides, which go with rancidity in fats. The destruction of two important nutrients (amino acids and vitamins) is principally the result of an oxidation process, and as a rule this proceeds more rapidly at higher temperatures. This should not argue against the browning of meat, for while browning causes some destruction of nutritive value at the surface, it has a definite value in increasing palatability.

Most of the protein and vita-



Bureau of Public Relations, U. S. War Department

GRANDMOTHERS IN THE WACS

Private Josephine Bennette, Women's Army Corps stationed at Fort McClellan, Alabama, is one of many grandmothers recruited from all parts of the country to relieve soldiers for combat duty. Mrs. Bennette's enlistment is outstanding, however, because she is the fourth member of her family to engage in active military service. She has three sons in the armed forces of the United States. Before joining the service she resided at 1009 East Third Street, Fort Worth, Texas.

min losses are from the surface of the meat, and, therefore, the smaller the piece of meat the greater the loss will be per pound. This is, of course, particularly true with hamburger where a tremendous surface area is produced by the grinding.

Dr. H. A. Hagen

CHILDREN TO BE ENROLLED

School children throughout Lane county will be enrolled in a thrift campaign this year as part of a schools at war program conducted by the Oregon war finance committee.

To help win the war, children should be thrifty and the war stamp savings program is designed to fix this idea firmly in youngsters' minds during the war.

The schools at war program is under the direction of Rex Putnam, superintendent of public instruction, and Mrs. F. W. Blum, member of the Oregon war finance committee. Mrs. Blum is also president of the state Parent Teacher association.

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More Straw Used, Less Burned, Say SCS, OSC Leaders

Oregon farmers are making better use of both pea and grain straw this year than ever before, according to observations made by O.S.C. Extension and Soil Conservation service agronomists.

With the increased supply of legume straw in recent years, many growers have been able to see for themselves the big returns that come from returning this plant food to the soil. One Klamath Falls grower, for example, recently reported an increase of 50 sacks of potatoes per acre from turning under Austrian winter pea straw.

Results of studies made at the Pendleton branch experiment station show that a ton of pea straw has increased yields more than has 150 pounds of ammonium sulphate. Where pea straw was used to summer fallow the following yield of wheat averaged 45.6 bushels an acre compared to 39.1 bushels on similar land without the pea straw.

In areas of less than 12 inches of rainfall, which includes most of the wheat land in the Columbia basin counties, the conclusion has been reached that grain growers can use all of their wheat straw on the surface with no decrease in yield and with good erosion control.

With the advent of new tillage methods for keeping straw, stubble, and other crop residues near the surface, the old practice of burning these crop residues is strictly taboo among those who

desire to carry out a type of farming which will keep the soil continuously productive.

Among the types of implements now in general use are plows with moldboards removed or partly cut off, one-way disks and similar machines, rotary sub-soilers, and rod and blade implements. All are designed to work the soil so it will absorb moisture and give proper seed bed foundation while leaving a stubble mulch to prevent either wind or water erosion.

Other methods used to return maximum crop residues to the soil are fall plowing with the land left rough, or running livestock in fields where straw has been left in bunches or windrows, to feed on it and help scatter it.

JURY RETURNS FOUR INDICTMENTS

Four indictments, two of them secret, and three cases of "not true bills" were returned by the Lane county grand jury Saturday, and work on other cases was resumed.

Ray C. Krause was indicted on a charge of obtaining money under false pretenses, a bank check for \$10 being involved in the case. Robert Davis was indicted on a charge of grand larceny, being accused of the theft of a typewriter, three shirts and a pair of pajamas owned by Robert Johnson. "Not true bills" were reported in the cases of Raymond Burlington and Henry Bradley, accused of non-support, and Joe DeGraw and Marjorie May DeGraw, accused of causing a child to become a dependent child.

Taught Chinese
U. S. marines are credited with introducing the art of boxing to the Chinese.

Be Wise in Your Buys Try Thrift-Wise

The wise customer buys war stamps and bonds with the money saved at Thrift-Wise.

- Coty's Gift Sets \$1.50 to \$5.00
- Professional Style Hair Brush 79c to \$3.25
- Largest Asst. of Men's Gift Sets 25c up
- New Asst. of Stationery 25c to \$3.75
- Just Arrived, Rubber Gloves 49c
- Hotwater bottles 69c to 98c
- 30c Vicks Va-tro-nol 24c
- 75c Ben Gay (for chest colds) 59c
- 35c Grove's Cold Tabs 27c
- Box Chocolates, 1 lb. \$1.00
- Tampax 31c and 98c
- Pts. Clinic Antiseptic Special ends Oct. 23
- Get yours and save now 25c lb.

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Theatre Programs ARCADE

Fri, Sat., October 22-23

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OBERON-AHERNE
FIRST COMES COURAGE
A COLUMBIA PICTURE

Also

HAL ROACH presents
CALABOOSE
THE FUNNIEST COMEDY IN MONTANA!

Sun., Mon., Tues., October 24-25-26

JUDY GARLAND Presenting
LILY VAN HEFLIN & **MARS**

Wed., Thurs., Fri., Sat., October 27-28-29-30

THE SHOCKING TRUTH ABOUT THE JAPS
BEHIND THE RISING SUN
Based on the Book by James R. Young with MARGO, TOM NEAL, J. CARROL NAISH, ROBERT RYAN, GLORIA HOLDEN Directed by EDWARD DMYTRYK

DIANE

Thurs., Fri., October 21-22

"ALASKA HIGHWAY"
A Paramount Picture

Sat., Sun., October 23-24

The Rangers fight a savage foe!
CHARLES STARRETT
RIDERS OF THE NORTHLAND
RUSSELL HAYDEN
A Columbia Picture

Also

FLIM-FLAM FUN-FEST!
VELEZ ERROL
AMERICAN SPIRIT
BLESS'D EVENT

Mon., Tues., Wed., October 25-26-27

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Thurs., Fri., October 23-29
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Your glasses must first give you better, more alert vision; but added to this, today's smart, modern styles let you wear the glasses you need—and smartly, too! Be Safe—SURE! See the registered optometrist here NOW!

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SAFEWAY Homemakers' Guide

IDEAS for cold weather lunches

Good fresh bread, and a tasty, nutritious filling—those are the foundation of many a midday meal that will carry you right through the afternoon. Safeway has the makings!

Julia says— Let the Children Cook

LAST MONTH, in one of these columns, I talked about the way youngsters like to put up their own school lunches. And, to tell the truth, I was amazed at the number of readers—both young and old—who wrote me afterward. Almost everyone was quick to point out that the younger generation not only likes to pack lunches, but also gets real satisfaction from various kinds of practical cooking.

More than one reader added this very timely thought: nowadays, when so many mothers are busy with war work, it's a real family help when the children take an active part in making the kitchen run smoothly. It gives them the feeling of "doing something" important, too.

I've found through my own experience that youngsters make creditable cooks provided they're not hurried and provided they start out on things they really like.

And these are as "natural" for girls to start out on:

BONNIE DEE COOKIES
2 cups enriched flour
1 cup seedless raisins
1/2 tsp. soda
1 cup coarsely chopped nut-meats
1 tsp. baking powder
3/4 cup shortening
2 cups quick oats
1 cup brown sugar
2 eggs
1/2 cup milk

Sift flour, measure and sift with dry ingredients; add oats, raisins and nutmeats. Cream shortening with sugar; add well-beaten eggs and milk; combine with flour mixture. Drop by teaspoonfuls on greased cookie sheet. Bake in moderate oven (375° F.) 12 to 15 min. Makes 6 dozen.

One of the best things for boys to try their kitchen skill on is waffles and pancakes—but warn them not to "peek" while baking waffles, and not to turn pancakes until they are fairly full of bubble holes on top.

Julia Lee Wright Director
Safeway Homemakers' Bureau

BREAD, Julia Lee Wright's 1 1/2 lb loaf 13c
MARGARINE, Dalewood (4 pts) Lb 22c
MARGARINE, Parkay (8) 2 lb pkg 45c
SANDW. SPREAD, Lunch Box Pint 25c
SALAD DRESS'G, Duchess Pint jar 23c
PEANUT BUTT, Beverly 1 lb jar 31c
STIDD'S TAMALES 1 lb jar 21c
TENDERONI, V Camp's macaroni 6 oz 2 for 15c
SODA CRACKERS, N.B.C. 2 lb pkg 31c
SANDWICH BAGS 3 pkgs 25c

RATION TIME TABLE
Brown Stamps CDEF good now until Oct. 30
Blue Stamps X-Y-Z good now until Nov. 30
Sugar Stamps 14-15-16 5 lbs ea., expire Oct. 31
Keep Buying War Bonds and Stamps, Week After Week!

SafeWay Farm-Fresh Produce

LETTUCE, fresh local 13c
CELERY, crisp, tender lb 10c
CAULIFLOWER white hds lb 15c
SPINACH, local lb 6c
ORANGES, Sunkist, large sweet
POTATOES, U.S. No. 1, 5 lbs 16c
POTATOES, U.S. No. 2, 50 lb 87c

Buy a fresh, whole-bean **COFFEE**
Choose from these fine blends:
EDWARDS—top quality Lb. bag 27c
NOB HILL—rich, luxurious Lb. bag 25c
AIRWAY—mild, mellow. Lb. bag 20c

SafeWay Meats

Picnic Shldrs, smoked lb 32c— 6p
Fresh Ground Beef lb 28c— 7p
Beef Rib Steaks lb 30c— 11p
Lamb Shldr Roast lb 34c— 4p
Pork Chops, center cut lb 38c— 11p
Veal Shldr Roast lb 28c— 6p
Pork Roast, shoulder lb 31c— 8p

PEAS—Sugar Belle (18 pts) No 2 can 13c
CAKE FLOUR—Fishers Graham, etc. 2 lb sk 14c
ENRICHED FLOUR Kitchen Craft 24 1/2 lb \$1.00
RED ARROW FLOUR 49 lb \$1.68
SHORTENING—Royal Satin (12 pts) 3 lb jar 60c
SHREDDED RALSTON Cereal 12 oz 10c
OATS Morning Glory 3 lb pkg 21c
GRAPENUTS Wheat Meal pkg 12c

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MYSTERY OF THE MISSING SOMETHING

THIS LOOKS LIKE COFFEE—IT SMELLS LIKE COFFEE—IT TASTES LIKE COFFEE. BUT SOMETHING SEEMS TO BE MISSING. HOW COME?

I DON'T KNOW, DEAR. JUST BOUGHT IT YESTERDAY, AND I PAID A GOOD DEAL FOR IT.

IT'S THE FUNNIEST THING, JOAN. YESTERDAY I PAID A LOT OF MONEY FOR A POUND OF COFFEE, BUT THIS MORNING MARTIN SIPPED IT AND SAID "SOMETHING SEEMS TO BE MISSING AND HE DIDN'T MEAN CREAM AND SUGAR. EITHER, 'CAUSE HE ALWAYS TAKES HIS COFFEE 'STRAIGHT' TO GET THE FULL FLAVOR!

WOULD YOU GO FOR YOUR COFFEE IF YOU BOUGHT IT IN THE WHOLE-BEAN AND HAD IT GROUND EXACTLY RIGHT FOR YOUR COFFEE MAKER. IN MY EXPERIENCE, THAT'S THE WAY TO GET REAL FLAVOR!

ILL BET MARTIN THAT SOUNDS LIKE AN IDEA!

MAM—THIS IS SOMETHING LIKE IT. REAL COFFEE AGAIN—EVEN THOUGH IT COST PLENTY OF MONEY—IT'S WORTH IT.

BUT THIS COFFEE ISN'T EXPENSIVE. I JUST DISCOVERED THAT IN COFFEE, IT IS FRESHNESS THAT COUNTS. SO—I BOUGHT WHOLE BEAN COFFEE... HAD IT GROUND WHILE I WAITED... SAY THIS IS GOOD COFFEE!