

No Protein Lack On Tables With Eggs and Bacon

Oregon homemakers need no "high protein shortage" for their tables, such as has been battering stockmen in recent years, points out Miss Lucy Cox, extension nutritionist at Oregon State college. 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 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 Cox for serving these hot include scrambled eggs with diced bacon, shirred or baked eggs circled with bacon, omelets speckled with bacon, souffles with diced cooked bacon, and escalloped dishes 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 devilled eggs with lettuce and tomato sandwiches.

MILKWEED LOOKS UP

The lowly milkweed, farmer's pest, has been raised to a Cinderella status by the war. Once pulled up by the roots and destroyed on sight it is now eagerly sought by the government as a substitute for kapok for life preservers and many other uses. In some parts of the Middle West, in fact, it is now regarded as an important farm crop, even though it takes three years to develop. This year according to the war production board, at least 1,500,000 pounds of milkweed floss will be required for military use, most of which will have to come from wild plants. For this reason the board urges that highway right-of-ways, a prolific source of milkweed, be left unmowed until the fall when the pods will be ready to harvest. The National Inventors Council of the department of commerce, Washington, gives milkweed, pod and stalk, credit as the source of seven new war products, including warm lining for aviators' clothing.

DISABLED VETERANS TO GET TRAINING

Disabled veterans of the present war may apply for job counseling and vocational training and rehabilitation at centers to be established at colleges and universities throughout the country, according to the Veterans Administration and the Office of War Mobilization. The Veterans Administration will provide, free of charge to eligible disabled veterans, transportation to centers, meals, comfortable quarters, medical service, aptitude tests to determine veterans' abilities, interests and occupations in which they could be successful, and professional advice on vocational training. The first of the proposed centers will be opened at the College of the City of New York.

THESE THINGS ARE HARD TO FIND

Severe civilian shortages now exist in washbats, alarm clocks, window screening and flashlights, WPB reports, with less severe shortages in flashlight batteries, clothes pins, double boilers, egg beaters, pails, radio tubes and umbrellas. Mild shortages exist in wood and coal stoves, thermos bottles, baby carriages, mops, bedsprings and bobbie pins.

Salesbooks, The Sentinel.

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Latham

Mrs. Alta Miller and granddaughter of Seattle visited last week with the A. A. Hulls and other cousins here.

S. Skoglie of Dunsmuir, Calif., came Saturday to visit his daughter, Mrs. Elviss Boswell and to assist in the construction of a barn. Mrs. Ted Troutman of Los Angeles returned recently after a visit here with her parents, Mr. and Mrs. Charles Smith and other relatives.

Ray Nelson of Bremerton, Wash. visited an aunt Mrs. Walter Baker Monday.

Mr. and Mrs. Mads Overgaard visited a brother of Mrs. Overgaard, Robert Wilde near Junction City, Sunday.

Mr. and Mrs. Leslie Hull of Vancouver, Wash., are here to assist in the haying.

Mrs. Andrea Trey and daughter Mrs. Lindstrom and Jquette of North Bend visited at the Overgaard home Wednesday and Thursday of last week.

Mr. and Mrs. A. A. Hull celebrated their 28th wedding anniversary Sunday.

Mr. and Mrs. Wm. Schletzer are moving to Hood River this week. Mrs. Schletzer visited with friends there last week.

Alyce Hansen came from Ashland for the wedding of Alfred Hansen and Eth Bricker.

THIRD LABORATORY SCHOOL THIS WEEK

Those attending the third annual Laboratory school this week which is being held on the Pacific University campus at Forest Grove are Mrs. Frank E. Brown, Mrs. Harry Lewis, Mrs. Herb Adams and Miss Leslie Brockelbank of the Methodist church. The school opened Sunday, June 25, and will continue through Friday, the 30th and is for church school workers sponsored by the Oregon Conference Board of Education of Methodist churches.

This is an observation-practice school, giving practical help to workers of the nursery, beginners, primary, junior and intermediate departments. One not only studies how to teach religion through discussion and books, but one sees actual teaching being done with boys and girls and assists in the teaching.

Lions Report on Postwar Projects

The Cottage Grove Lions club will agree to raise the sum of \$10,000 to apply on the construction of a municipal swimming pool and a high school stadium according to a report from the Lions' club planning committee submitted by Floyd Githens, chairman at the regular meeting of the Lions' club last Thursday. The proposition is of course contingent on whether the city and the union high school board will raise the additional amount necessary for the construction of these projects, both to be undertaken in the postwar period.

Details looking to the construction of both the swimming pool and the stadium will be worked out as rapidly as possible with the approval of both the city and the school board, and preliminary to the swimming pool plans, the Lions' committee will hold a meeting with the FFA chapter and the South Lane fair board.

Definite recommendations as to the construction of a swimming pool were contained in the report and among these that the proposal be city rather than a school project; that the pool be located on city property near the city park; that the pool be the new saucer type, including a boiler with storage tank filter and circulator and pump and that the pool be a minimum of 120 feet in diameter. The cost of the pool would be approximately \$8,000.

Recommendations of the high school stadium included \$2,025.00 to be raised by the club for the stadium to cost approximately \$12,000; the fund would be applied to the conditioning of the field, this work to be done at the earliest practical time.

Both the city and the high school board have funds earmarked for these projects, but approval of the city council is yet to be obtained.

ATTENDS STATE CONVENTION

Earl Hill and Robert Graham, president elect of the Cottage Grove Lions club attended a state meeting of the Lions clubs which convened in Portland Monday and Tuesday.

Divide

Mr. and Mrs. George Rickenback and Mr. and Mrs. W. Bartram and family of Pasco, Washington were week end guests of Mr. and Mrs. W. C. Pynch. They were enroute to California.

Mrs. Alan Hance of Gunson, Colorado arrived last week to visit at the home of her brother and sister-in-law, Mr. and Mrs. W. C. Pynch. Mrs. Hance's husband is in the army in Italy. She has been English teacher in the Chericu, Colorado high school.

Mrs. F. E. Parker of Cottage Grove and Mr. and Mrs. Lawrence Parker and son Delwyn of Richmond California called at the J. A. Mackey home Tuesday.

Miss Mary Pynch is visiting her grandmother, Mrs. Mary M. Shay, at Neal, Kansas.

Cedars

Mr. and Mrs. Walker of Albany were visitors at the W. A. Hemenway home.

The Lily Groves had a picnic at the Hemenway River Ranch last Sunday. Those present from here were: Mr. and Mrs. W. A. Hemenway and family, Mr. and Mrs. James Hemenway and son David and Mr. and Mrs. William Norris.

Mr. and Mrs. Harrison and family have moved to California and Mr. and Mrs. Reeves and family have moved on the Harrison place.

Miss Hazel Hemenway is convalescing at the home of her brother Almond Hemenway.

John Leonard is spending a few days with his grandparents Mr. and Mrs. Nate Compton.

Mrs. Mamie Biedler was a dinner guest Sunday at the Wilbur McFarland home.

Mrs. Anna Bolton spent several days in Springfield visiting relatives.

Mrs. Myrtle Powers and son Franklin spent Tues., in Eugene.

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Delight Valley

Martha Crick has gone to Pueblo, Colorado, where she expects to visit most of the summer.

Sunday dinner guests at the R. Hansen home were Mrs. Curtis White of Eugene and her house guest Mary White of Los Angeles. Marie Hansen, who is employed in Eugene was also home for the day.

Bird Flaten has accompanied his cousins the Mert Folts to Foley Springs on a vacation.

The Elwyn Bales family of Dorcas visited Sunday evening at the Ralph Sears home.

FARMERS TO GET SURPLUS ARMY TRUCKS UNDER PLAN

A few surplus used army trucks

are now being made available for sale for farm use and more are expected from now on, according to information received by R. B. Taylor, chairman of the Oregon USDA war board. Although only a few will be available in Oregon in the immediate future, an important procedure has been worked out that provides for orderly and fair distribution of such government material, says Taylor.

Chief change from former times requires that these trucks be handled through regular licensed motor vehicle dealers, where they will be subject to price regulations, thus assuring final sale to users at fair prices and without undue profit to handlers. County farm transportation committees and county war boards will handle farmer applications for these trucks as they become available.

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COLA SPRUP, 12 oz. 25c
GELATIN, Minute 2 pkgs. 25c
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WALNUTS, Oregon ungraded 2 lbs. 50c
HONEY, strained 1 lb. 26c

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PICKLES, Nally's Treasure 18c jar
RIPE OLIVES, Surprise 22c jar
OLIVES, Green Ripe, No. 1 25c can
PORK & BEANS, Dennison 2 for 25c
FRUIT JUICE 1/2 gal 39c plus deposit

Potato Chips Daintee 2 for 25c
15c size

Ritz Crackers Large package 18c

GLO COAT pints 59c, quarts 98c
POT CLEANERS, metal 10c each
FLOUR, Pillsbury 50 lbs., \$2.29
CORN FLAKES, Albers, 6 oz. 4c pkg.
SODA, Crescent 1 lb 5c

RAISINS

Seedless 49c
4 lb. package

OXYDOL large pkg. 22c
RAINDROPS, water softener 22c pkg.
CAMAY, Toilet Soap 4 bars 25c
BAKING POWDER, K.C., 25 oz. 19c
WESSON OIL, quarts 55c ea.

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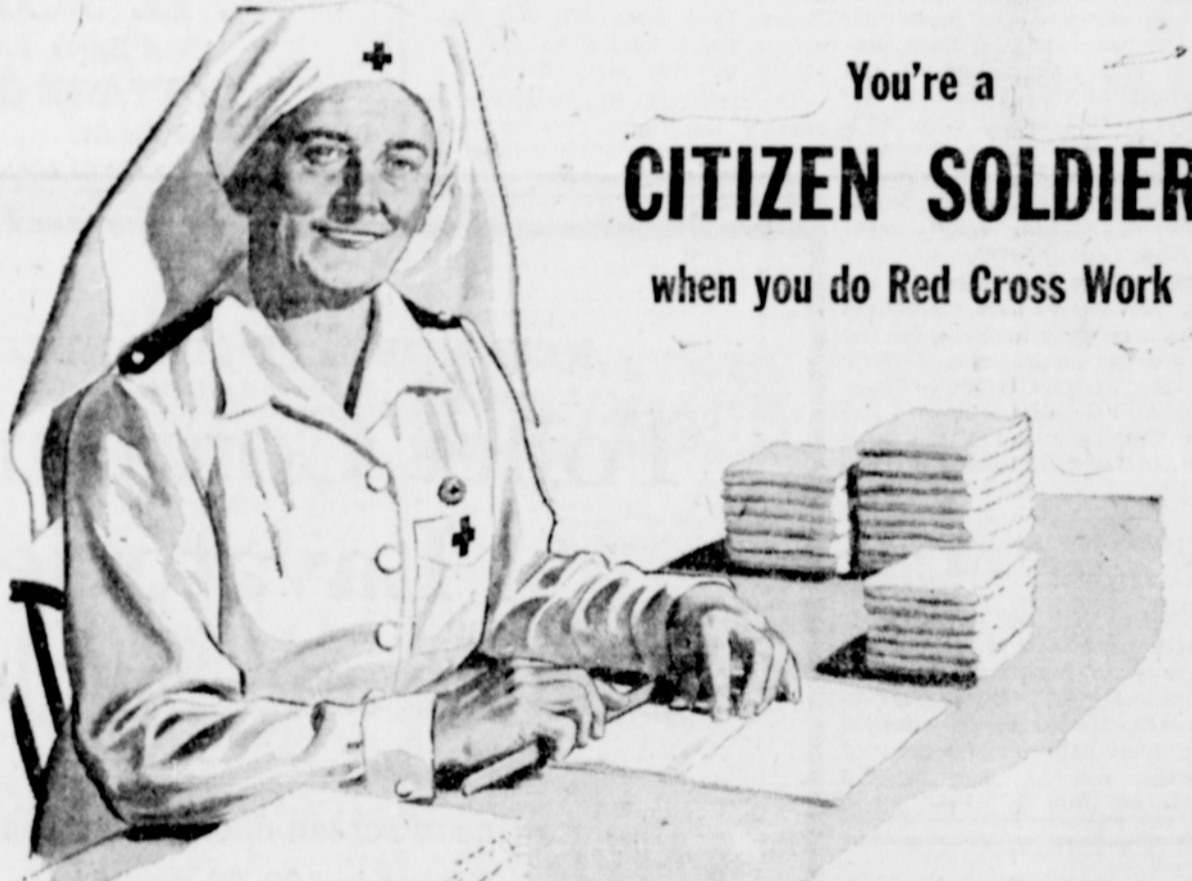
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