

LOCALS

Mrs. Dorothy Peetz has tendered her resignation as principal of the Sandy grade school and Mrs. Inez Howard has been elected as her successor.

Mr. and Mrs. Ed Bruns had a surprise visit from their son Lester E. Bruns who returned from the South Sea Islands where he was stationed on the Boomer 26 as navigator as bomber. Lester will go into special training as a pilot at Dallas, Texas, for two months when he will return to the front.

R. A. Blyth of Oregon City was a business visitor in town on Friday.

Bob LaGourgue, Johnny Hilliard and Lloyd McCormick enjoyed a fishing trip to White Salmon, Wash., last Friday. They report a fine time and plenty of fish.

Howard Workinger arrived from an army camp Tuesday for a brief visit with his parents, Mr. and Mrs. Roy Workinger of the Dover district.

Mr. and Mrs. William Bittner are the parents of a son born at the Portland Sanitarium on Monday, July 10th.

A marriage license was issued at Vancouver, Wash., recently to Robert Workman of Glenoma, Wash., and Betty L. Voorhees of Rhododendron.

Two cars collided at the intersection of 1st avenue and Main street last Monday afternoon. The cars were driven by Gerald L. Kane and Leonard F. Fuerstenan, both of Sandy. No one was injured but cars were badly damaged.

Chris Eggers of Hood River is spending a few days this week at the W. O. Smith home in this city.

A group of Sandy people including Rev. and Mrs. J. C. Hafley, Mrs. H. A. Schneider, Olive Boeve, Freda Olson and Lilly Coon went to Portland Monday to donate blood for the armed forces at the blood bank. Mrs. Maye Whorley and daughter of Kelso accompanied them.

Mrs. Mae Humphrey of Borning was honored by the Oregon Postmaster's association by being chosen as vice president of the organization for the coming year.

Charles Gilmore who is planning on erecting a motion picture theatre in Sandy was a business visitor in town Monday and met with the city council regarding the proposed new building.

Tom Cooper was over from Gresham Tuesday looking after the subscribers on his Oregonian route.

A baby boy was born to Mr. and Mrs. Bedrick Hablina at the Portland Sanitarium on Monday, July 10th.

The Sandy Lodge of A. F. & A. M. has recessed for the summer, consequently there will be meetings during August and September.

Mr. and Mrs. George Pichal and children spent Tuesday in Portland where Mr. Pichal transacted business for the local REA.

Mrs. Floyd Light was called to Mt. Home, Idaho, last week by the serious illness of her brother.

Mrs. Vic Spaller and daughter are spending a few days at the beach this week.

Ike and W. W. Tucker and Earl Wagner were over from Estacada Saturday afternoon.

Mr. and Mrs. John Marshall of Estacada were in town Wednesday on business with the local ration board.

H. E. McIntyre has returned to his home at Dodge Park after an operation at a Portland hospital.

Mrs. H. E. Hughes and daughter Miss Betty were visitors in Sandy a short time Thursday enroute to Portland.

Orval G. Butler made a business trip to Gresham Thursday morning.

The Northeast Clackamas Co-op. has received approval to supply electricity to Kreb's Mill. The local REA has also secured an agreement with the Portland General Electric company to supply additional electricity to the REA for the mill. Construction will probably start in the near future.

J. A. Kitching and son Harold of Estacada were in town Thursday morning on business with the ration board.

Dale Stewart arrived home the first of the week to spend a ten day leave after which he expects to be again sent overseas.

Word has been received that Mrs. Alice Scales is convalescing nicely at the Portland Sanitarium where she was taken last week for treatment.

Harlan Bakke, son of Mr. and Mrs. Arnold Bakke suffered a badly bruised leg Wednesday afternoon. He got out of a car to open a gate for his mother and after closing the gate jumped on the running board to ride to the house. In some manner he fell under the car which passed over his legs. It is believed no bones are broken but he will be confined to his bed for some time.

Mrs. Helen Loundree and daughter Judith arrived home Wednesday after a visit with the former's sister Mrs. Arthur Izer and family at Oakland, Calif.

George Koch and children are spending a few days this week at the Oregon beaches.

Laverne Gunderson celebrated her 17th birthday with a party at her home last Tuesday evening.

Mrs. Agnes Barker entertained with a buffet supper and cards at her home Wednesday night.

Mrs. C. E. Looney and Mrs. Margaret Moss of Estacada were visitors in town Thursday afternoon.

Mr. and Mrs. Richard Suckow have moved a small house in from the Suckow farm and will fix it up to live in.

Mr. and Mrs. Paul Broadus recently moved to Oregon from Kansas City, Mo., to make their home and are very well pleased with this part of the state. Mrs. Broadus is a sister of Rev. J. C. Hafley of the Sandy Community church.

WATERLESS COOKING WILL SAVE VITAMINS IN YOUR VEGETABLES

Waterless cooking is one way of utilizing to the greatest degree the healthful qualities Nature has bestowed upon the products of the garden. It saves the vitamins and minerals.

The following chart is intended as a guide. In most cases you will need only enough water to cover the bottom of the pan about a half inch. Use a tightly covered pan.

"Waterless" Cooking Chart

Vegetable	Fresh Weight	Cups of (Min. Water used)
Beet greens	1-2 lbs.	None 15-20
Kale	1 lb.	None 15-20
Mustard greens	1-2 lbs.	None 15-20
Spinach	1-2 lbs.	None 15-20
Tomatoes	1 lb.	None 15-20
None Start with simmer 15-20		
Parsnips	1 lb.	1-1 1/2 20-30
Large cut potatoes	1 lb.	1-1 1/2 20-30
Potatoes—whole with jackets	1 lb.	1-1 1/2 20-30
Rutabaga, cubed	1 lb.	1 20-30
Winter-squash	1 lb.	1 20-30
Squash—yellow	1 lb.	1 20-30
Squash—white	1 lb.	1 20-30
Sweet potatoes	1 lb.	1 20-30
Turnips—cut	1 lb.	1 20-30
Cut, shredded small green beans	1 lb.	1 20-30
Lima beans	1 lb.	1 20-30
Shredded or whole wax beans	1 lb.	1 20-30
Peeled, sliced beets	1 lb.	1 20-30
Quartered cabbage	1 lb.	1 20-30
Shredded cabbage	1 lb.	1 20-30
Brussels sprouts	1 lb.	1 20-30
Cut, diced carrots	1 lb.	1 20-30
Cauliflower	1 lb.	1 20-30
Corn on cob	1 lb.	1 20-30
Peas	1-2 lbs.	1 20-30
Turn gas burner on full until water comes to a boil. Then turn down to a small simmer flame and leave until the necessary time has elapsed.		

This type of cooking is not only conducive to better health, but is patriotic as well, inasmuch as considerable savings of fuel can be made. All fuels have gone to war, particularly the liquefied petroleum gases which we know as "bottled" or "tank" gas. These are used to make synthetic rubber, to cut and treat metals and to fortify high octane aviation gasoline.

Dick Tracy
By
Chester Gould

WE DOOD IT!

5TH WAR LOAN

BUY ANOTHER BOND

TOO LATE TOO CLASSIFY

FOR SALE, Cedar posts, easy kind. Ernest Cox, 9 miles east of Sandy. 7-10

new white enamel. Landon Lee, Tel. 30-x-5 at Dunns Corner on old Dunn place. 7-13

D-DAY CAFE
Now Open for Business

At Junction of the
Bluff Road and Loop Highway

Your Patronage is Solicited

Mrs. M. L. Persing and her mother, Mrs. F. H. Gaulke left on Monday for Joseph, this state.

BULL RUN
Frank Jadwin and Miss Eda Buckegger spent Sunday as visiting at the Del Jadwin home.

Mr. and Mrs. Dale Edwards and Louie, Mr. and Mrs. Francis Rehberg and Russell and Kenny were dinner guests at the Frank Rehberg home at Little Sandy on Sunday.

Mrs. V. D. Butler, Mrs. Frank Rehberg and Mrs. Geo. Miller motored to Portland one day last week on business; for the Rebekah lodge.

INSURANCE

Brenton Vedder
NOTARY PUBLIC

INCOME TAX REPORTS

Office in
SANDY POST BUILDING
Phone 31

EGAD! WHO CAN REFUSE TO BACK THE INVASION WITH A SURE-FIRE INVESTMENT?

FIFTH WAR LOAN BUY NOW

ATTENTION! ALL HOME CANNERS

Before you begin your 1944 canning Good Housekeeping Magazine advises you; use the boiling water bath method for tomatoes and fruits, only. Canned all vegetables, except tomatoes by the correct use of a pressure cooker, to be sure of killing botulinus germs. In the last few years cases of botulinus food poisoning have cropped up in widely different parts of the country. Buy, borrow, share a pressure cooker, but don't can low-acid vegetables any other way. If you want further information, write Good Housekeeping Magazine, 959 Eighth Avenue, New York, 18, N. Y.

WOOD SAWING

BY THE CORD

Prompt Service

Leaver orders at Sunset Service Station or Mom's Kitchen

Jack Slayton
At Calvin Jones Place

Pile Sufferers Urged To Avoid CONSTIPATION

Hot Water and Kruschen Salts Before Breakfast. No Forcing! No Straining!

Here's amazingly effective way to moisten bowel contents and obtain more gentle "easy" movements. Every morning for 5 days, 15 minutes before breakfast, drink a glass of hot water to which one teaspoonful of Kruschen Salts has been added. Bowel contents become soft, moist, easier to expel. No need to strain and thus risk painful rectal irritation. Usually within an hour wastes are expelled smoothly and gently. Get Kruschen Salts at all drug stores.

Over 245 million bottles sold in the past 100 years—it must be good.

Mix Lemon Juice AT HOME TO RELIEVE RHEUMATIC PAINS

Money Back—If This Recipe Fails

Good news travels fast—many of the thousands of folks who now take lemon juice for rheumatic pains have found that by adding two tablespoonfuls of Allenru to one tablespoonful of lemon juice in a glass of water they get relief from the aches and pains caused by rheumatism, lumbago. It's no surprise either, for Allenru is a 15 year old formula to relieve rheumatic aches and pains. In fact—if it does not help—your money back. What could be fairer? Get Allenru today at any live druggist. Only 85 cents—Do it Now.

NEW! "BACTERIOSTATIC" FEMININE HYGIENE

now finding great favor among women...

Many doctors urge the regular use of douches for women who want to be refreshingly clean — for women troubled by offending odor, itching or discharge.

Some products may be harmful germicides which burn, harden and damage sensitive tissues. But NOT Lydia E. Pinkham's Sanative Wash! Instead—Pinkham's Sanative Wash is an effective "bacteriostatic" (a new modern trend).

It not only discourages growth of the more vulnerable bacteria, but cleanses, deodorizes, relieves minor irritations and discharge. Despite its great strength—Pinkham's Sanative Wash has a beneficial effect on delicate membranes. Inexpensive!

Lydia E. Pinkham's
SANATIVE WASH

Emergency Call to Clackamas Co. Residents to Buy E Bonds

E Bond Goal for Clackamas County \$1,826,000
E Bond Sales to Date 600,000
E Bond Sales still to be made in July 1,226,000

Clackamas county has reached only one-third of its goal in E Bond sales in the Fifth War Loan.

The goal is \$1,826,000. Sales have reached only \$600,000.

An emergency call went out yesterday from the County War Finance Committee to all residents of the County to buy E Bonds.

The county stood thirtieth among the 36 counties in the state at noon yesterday. All purchases up to Monday night, July 31, will be counted in the Fifth War Loan and the committee has urged those who have not yet bought additional bonds to go to the nearest issuing agency—banks, postoffices, and issuing stores—and buy NOW.

If Clackamas county is to meet its E bond goal, sales of at least \$50,000 a day must be reported in every day during the remainder of the month.

The county will not have met its responsibility in the Fifth War Loan unless its goal is reached.

Ask yourself: "What have I done for the men at the fighting front today?"

Then act! Obey that impulse! Help finance the war! Lay up savings for the post-war period with E Bonds.

E Bonds are the world's safest investment!

one of PGE's wartime assignments: "saving 17,000 acres from drowning"

bottom soil in all America are protected from the river by dikes. Seepage and rain water are removed by three large pumps which rely on PGE for steady delivery of power. East of Scappoose, there are another 5000 acres, protected by 6 PGE-served pumping plants.

We certainly have to hustle, nowadays, to keep up with all our war-jobs. You see, as one high government official put it, "electricity is the lifeblood of war-production." And that's certainly true for war-farming as well as for shipyards and factories.

We have the job of delivering war-power to some twenty thousand farms. Among these are fine farms that can operate only by reason of electricity. For example, on Sauvie Island, 12,000 acres of some of the richest river-

PGE is able to deliver warpower to twenty thousand farms today because in the past half-century PGE has built more than 15,000 miles of power lines—to reach cities and farms in an area 2500-square-miles big. And while PGE was pioneering in rural electrification, it pioneered also in low rates—which today are among the very lowest in all America.

Portland General Electric Company
for 1/2 century, pioneering in electrical "know-how"