

Part of Ponderous Duelist Declared Out of Bounds

TWO Irishmen arranged to fight a duel with pistols. One of them was very stout, and when he saw his lean adversary facing him he raised an objection.

"Bedad!" he said, "I'm twice as big a target as he is, so I ought to stand twice as far away from him as he is from me."

"Be aisy now," replied his second. "I'll soon put that right."

Taking a piece of chalk from his pocket, he drew two lines down the stout man's coat, leaving a space between them.

"Now," he said, turning to the thin man, "fire away, ye spalpeen, and remember that any hits outside the chalk lines don't count."



Horse Is Important Source of War Power

Tips Are Given for Better Care of Helpful Animal

By J. L. EDMONDS
(Professor of Horse Husbandry, University of Illinois College of Agriculture.)

With horses being a more important source of farm power than in many years, here are some tips on making the horse a more reliable and cheaper source of farm power.

1. Use a variety of feeds to fill all the requirements of a ration—nutrients of the proper amount and proportions, bulk enough for safety in digestion and a high degree of palatability.

2. Feed according to individual needs. Horses probably vary more



Courtesy U. S. Department of Agriculture.

This span of Maryland horses is working the same as ever. But their value to the owner, and the nation, has increased considerably.

than other farm stock in individual feed requirements.

3. Feed according to the job. Failure to adjust feed to the work being done causes the waste of much feed and occasionally results in the loss of good horses.

4. Use only feeds of good quality. Horses may safely eat considerable quantities of cheap, coarse, rough feed if it is wholesome.

5. Be punctual about feeding times. The horse is a creature of habit and shows his appreciation of punctuality, regularity and cleanliness in feeding by increased thrift.

6. Home-grown rations are usually cheapest. Very satisfactory rations may be composed entirely or almost entirely of home-grown feeds.

7. The weight of the horse and the presence or lack of thrift and spirit are tests of the adequateness of a ration. Horses at severe work usually do not need more than a pound of hay daily for each 100 pounds they weigh, but the grain ration should be approximately 1 1/4 pounds daily for each 100 pounds weight.

8. Frequent watering and regular salting are very essential in hot weather.

9. Parasites of the digestive tract are best treated by an experienced veterinarian. Many farm colts and horses are too heavily parasitized to respond to good care.

10. Start horses to work gradually while the weather is still cool. Be a good horseman. Groom horses regularly.

11. Trim and level feet regularly. This may be done with regulation horseshoer's tools.

Hints on Farm Buildings

Farm buildings supported on wood posts frequently settle because of decay or the work of termites. Uneven settlement often is the cause of damage to wood framing.

To prevent uneven settling of farm buildings supported on wood posts, engineers of the U. S. department of agriculture suggest that the posts be treated against rot and insects and set on masonry footings—either stone slabs or concrete—below the frost line. Posts used in repair of buildings should also be treated and set on masonry.

In jacking up a plastered farm building that has settled unevenly, engineers of the U. S. department of agriculture suggest that the jacking be very gradual and uniform to prevent the walls from cracking.

Building foundations that slope with a hillside are likely to shift, say engineers of the U. S. department of agriculture. Movement can be stopped by under-pinning so that the new footings are horizontal, like steps. These should extend below the frost line.

Household News

by Lynn Chambers



Keep on Your Toes With Enriched Bread!

(See Recipes Below)

Bread 'n Butter

Bread is one of our oldest and best-liked foods. But bread, like many of our other foods, has changed considerably during the last two years. You haven't noticed? Well, it's been enriched and fortified with the B-vitamins, often called morale builders because of the fine things they do for your system, digestion and disposition.

Iron, the magic helper that pep up your system by making hard-working red blood cells, has also been added to bread along with vitamin B.

But not just bread has these new, essential elements. Flour that you use for your own

baking has been fortified with the B-vitamins and iron. There isn't much difference in enriched flour or bread and in ordinary bread or flour, except in some cases where the color is slightly creamy. But the nutritive value is so much greater that it's to your advantage to use it.

Rhythmical kneading is the secret of good bread. Rock the dough under the palms of the hands in three-quarter time until it gets the satiny sheen.

*Twisted Loaf.

(Makes 4 1-pound loaves)

- 2 cups milk
- 1/4 cup sugar
- 4 teaspoons salt
- 2 tablespoons shortening
- 2 cups water
- 1 cake yeast
- 1/4 cup lukewarm water
- 12 cups sifted flour (about)

Scald milk. Add sugar, salt, shortening and water. Cool to lukewarm. Add yeast which has been softened in 1/4 cup lukewarm water. Add flour gradually, mixing it in thoroughly. When dough is stiff, turn out on a lightly floured board and knead until satiny and smooth. Shape into smooth ball and place in a greased pan. Cover and let rise in a warm place (80-85 degrees F.) until doubled in bulk. When light, divide into four equal portions. Roll each portion into a smooth ball. Cover well and let rise 10 to 15 minutes. Mold into loaves. For a twisted loaf, roll dough under hand to 2 rolls about 2 inches thick and longer than the length of the pan. Twist the 2 rolls around each other and place in greased pans. Let rise until doubled in bulk. Bake in a moderately hot (400-425-degree) oven 40 to 45 minutes.

A nutritious coffee cake that is a tried and true sugar skimmer adds

Lynn Says:

Good things come in little packages. This little saying applies perfectly to the concentrated foods like dried fruits—prunes, apricots, figs, apples, pears, raisins and peaches.

Now more than ever before you'll want to use more of them because they can solve your sweet tooth problem, in addition to acting as important blood builders and keeping your body in good working condition because of their important vitamin and mineral values.

You can appreciate why they do all this for you when you realize that to make one pound of the dried fruit it takes several pounds of fresh fruit. For example, prunes require three pounds of fresh fruit to make one pound dried; raisins, four pounds fresh fruit, apples, six to nine pounds fresh fruit, pears and figs both require three pounds of fresh fruit, while apricots and peaches five and one-half pounds of the fresh to make the dried product.

This Week's Menu

- *Oven-Baked Chicken
- Green Peas Parsleyed Potatoes
- Grapefruit, Orange, Strawberry Salad
- *Twisted Loaf
- Strawberry Sundae
- Coffee Tea Milk
- *Recipe Given.

zest to breakfasts. Made with either of the two dried fruit fillings given here, it is delightful:

Sweet Yeast Dough.

(Makes 2 12-inch rings or 3 1/2 dozen rolls)

- 2 cakes yeast
- 1/4 cup lukewarm water
- 1 cup milk
- 1/4 cup butter or margarine
- 1/4 cup sugar
- 1/4 cup honey
- 1 teaspoon salt
- 2 eggs
- 5 cups sifted flour (about)

Soften yeast in lukewarm water. Scald milk, add butter, sugar, honey and salt. Cool to lukewarm. Add flour to make a thick batter. Add yeast and eggs; beat well. Add enough flour to make a soft dough. Turn out on a lightly floured board and knead until satiny. Place in a greased bowl, cover and let rise until doubled in bulk. When light, punch down. Shape into tea ring rolls filling with fig or apricot filling. Bake in a moderate (375-degree) oven 25 to 30 minutes for coffee cake, 20 to 25 minutes for rolls.

Fig Filling.

(Makes 2 cups)

- 1 cup chopped figs
- 1/4 cup orange juice
- 2 teaspoons grated orange rind
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/2 cup chopped nuts

Combine figs, orange juice and rind, water, sugar and salt. Cook until thick, stirring constantly. Remove from heat and cool. Add nuts.

*Oven-Baked Chicken.

1 roasting chicken cut up
Milk
Flour
Salt and pepper
1/2 cup butter or fat for frying
1 tablespoon onion, chopped fine
1/2 pound mushrooms
2 cups hot, rich milk
Dip chicken in milk and seasoned crumbs and flour and fry in skillet until a golden brown. Fry mushrooms in butter until brown (about 2 or 3 minutes). Sprinkle chopped onion over top of chicken arranged in casserole. Pour hot milk over top and bake in a moderate (350-degree) oven until chicken is tender. Serve garnished with chopped parsley and a dash of paprika.

Dramatize the Salad.

Salad greens and fresh fruits occupy an important place in our diets in the spring, and a good salad is a distinctive part of any menu.

Our salad today features citrus fruits and strawberries which are a spring symphony themselves tossed on a bed of greens—watercress, romaine and leaf lettuce are perfect. A light french dressing will bring out the hidden flavors in the greens and fruits:

French Dressing.

- 3 tablespoons catsup
- 1 tablespoon vinegar
- 1/4 cup lemon juice
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 2 teaspoons sugar
- 1 cup salad oil
- 1 onion, sliced
- 1/2 teaspoon paprika

Combine ingredients in order given and shake well in jar before serving.

Have you a particular household or cooking problem on which you would like expert advice? Write to Miss Lynn Chambers at Western Newspaper Union, 210 South Desplains Street, Chicago, Illinois, explaining your problem fully to her. Please enclose a stamped, self-addressed envelope for your reply.

(Released by Western Newspaper Union.)

CLASSIFIED DEPARTMENT

PERSONALS

Birth Certificates (Nat'l Defense Demand) Prepare Yourself now for any Emergency. Full details necessary. Our Chg. E. J. Lantry Research, 515 W. 8, Los Angeles, Calif.

TRUCK PARTS

Heavy-duty Motors, axels, parts, bodies, tires, hoists and used trucks. TRUCK WRECKING COMPANY 10th & S E Hawthorne Portland, Ore.

RABBITS AND SKINS

POULTRY AND RABBITS WANTED Good white fryer rabbit skins 60c to 90c per lb. Write postcard for prices and information. Ruby & Co., 935 S. W. Front, Portland, Ore.

FOR SALE

POULTRY-TURKEYS

BUY QUALITY BROAD-breasted Bronze Poults this season. Breeders officially tested and measured under Oregon Turkey Improvement Association. Priced right. Write for particulars. Scio Linn Hatchery, Scio, Oregon.

For sale. New home overlooking Pac. Ocean, beautiful view, 2 & 1/2 half lots, 5 rooms, 3 piece bath, full basement, fireplace V. blinds, out building 6 rooms, concrete foundation, full plumbing, on State Highway. Owner, P. O. Box 145, Yachats, Oregon.

SELL BECAUSE OF ILLNESS, GOING business, specializing in school office supplies, newstand. J. E. Howard, Davenport, Wash.

14,000-A STOCK RANCH, GRANT COUNTY, modern bldgs. plenty water, machinery and equipment. F. W. Turner, Heppner, Ore.

32 fine registered Karakul sheep. Very reasonably priced. E. Maggs, Star Route, Gig Harbor, Wash.

SELL-EXCHANGE. 1760 - ACRE STOCK RANCH, improved, 375 acres farmed. Lester Taylor, Joseph, Idaho.

Cash for Ford-Ferguson tractor, on rubber. J. M. Farnelle, Rt. 3, Hillsboro, Ore.

HELP WANTED

Berry Pickers about May 25. Good berries and wages, cabins, etc. Write Geo. Schaeffer, Boring, Ore.

BARBERS—Moler Graduates Preferred. Good commissions, Steady Work. Write 517 Lloyd Bldg., Seattle, Wash.

WANTED, 100 Strawberry Pickers about May 20th. Clean floored tents, stoves, wood, and straw furnished. Shady camp with running water and lights. Write George Holland, Hillsboro, R.R.1, or MacLaughlin Packing Co., Beaverton, Oregon. Phone 3271 Beaverton.

DENTAL PLATES
AND ALL BRANCHES OF
**DENTISTRY ON
CREDIT TERMS**
Take 5, 10, 15 Months to Pay

DR. HARRY SEMLER, Dentist
1151 1/2 BLDG. 3rd & MORRISON - PORTLAND, ORE.

Average Driving Miles
The average motorist drives about 8,000 miles annually.

FREE
4 cups of
GARFIELD TEA

If temporary intestinal sluggishness or constipation is causing indigestion, gas pressure, listlessness, use Garfield Tea, exactly as directed, for prompt relief. You will like the way it snaps you back to "rarin'-to-go" fitness. 10c—25c at drug stores.

FREE SAMPLE

For liberal trial sample—enough for 4 FULL CUPS of GARFIELD TEA, write:
GARFIELD TEA Co., Inc.
Dept. 10A, 41st St. at 3rd Ave., Brooklyn, N. Y.

DEFENSE needs RUBBER

Do Your Part by
Saving Your Tires

CALLUSES

To relieve painful calluses, burning or tenderness on bottom of feet and remove callouses—get them thin, soothing, cushioning pads.

Dr. Scholl's Zino-pads



Center of Things

Location, room luxury, fine foods at modest prices, gracious service, best in entertainment . . . everything ideal!

HOTEL UTAH

SALT LAKE CITY
Guy Toombs, Managing Director

**WE FOUND A
BETTER WAY**

IN 63 B.C. MARCUS TULLIUS TIRO
INVENTED A SYSTEM OF SHORTHAND
USED IN THE ROMAN SENATE—
AND CREATED A
BETTER WAY OF
RECORDING SPEECH.

THE BETTER WAY TO TREAT
CONSTIPATION DUE TO LACK OF
PROPER "BULK" IN THE DIET IS TO
CORRECT THE CAUSE OF THE
TROUBLE WITH A
DELICIOUS CEREAL,
**KELLOGG'S
ALL-BRAN. EAT
IT EVERY DAY
AND DRINK PLENTY
OF WATER.**



★ ★ ★ ★ ★

For Victory



**BUY U. S. BONDS
AND STAMPS**

★ ★ ★ ★ ★

Acid Indigestion

What many Doctors do for it
When excess stomach acid causes gas, sour stomach or heartburn, doctors prescribe the fastest-acting medicine known for symptomatic relief—medicine like those in Bell-ana Tablets. No laxative. If your very first trial doesn't prove Bell-ana better, return bottle to us and get double your money back, 25c.

Get the
BLACK LEAF 40
**Kills
APHIS**

One ounce makes six gallons of aphid spray. . . Full directions on label. • Insist on factory sealed packages.

FORBACED BY PRODUCTS & CHEMICAL CO.
CORPORATION, INCORPORATED
LOUISVILLE, KENTUCKY

Black Leaf 40
LOOK FOR THE LEAF ON THE PACKAGE

WNU-13 20-42

YOUR GOOD WILL

The manufacturer or merchant who advertises, makes public the fact that he wants your good will. And he realizes that the only way that he can keep it is by giving good values and services.