

**FOLLOW THE 7-KEY PLAN TO HOLD PRICES DOWN**

- 1. BUY BONDS.
- 2. PAY TAXES WILLINGLY.
- 3. HAVE ADEQUATE LIFE INSURANCE AND SAVINGS.
- 4. REDUCE YOUR DEBTS.
- 5. BUY SPARINGLY—MAKE IT LAST.
- 6. OBSERVE RATION RULES AND CEILINGS.
- 7. AID GOVERNMENT WAGE STABILIZATION PROGRAM.



RSP. 1005-001

**"HEAD OFF RUNAWAY PRICES!"**

**Babe's Meal-Planning Corner**

This week's recipe is a healing balm to all young brides who like to bake pastries. Follow closely recipe below, and I promise you complete success.

Recipe for Delicious Pumpkin Pie by Mrs. Flora L. Faulk, 2736 N. E. Rodney Ave.

**CHIFFON PUMPKIN PIE**

- 1 Envelope Knox Gelatine
  - 1/4 cup Cold Water
  - 3 Eggs
  - 1 cup Sugar
  - 1 1/4 cups Canned or Cooked fresh Pumpkin
  - 2/3 cup of Milk
  - 1/2 teaspoon each of Ginger, Nutmeg, Cinnamon and Salt
- Beat Egg yolks slightly, add 1/2 cup of Sugar, Pumpkin, Milk and

seasoning. Cook in double boiler until custard consistency, stirring constantly. Soften Gelatine in Cold Water and dissolve in hot custard. Cool, and when mixture begins to thicken, fold in stiffly beaten egg whites. Add the remaining 1/2 cup of sugar to the beaten egg whites. Turn into baked pie shell or crumb crust and chill. Garnish with whipped cream before serving.

Ladies, we can use many more of your recipes.

Send them in and they will be printed so that those who do not have time to select new recipes themselves, can follow those sent in by you without having to look through a cookbook.

**MRS. AMERICA MEETS THE WAR**

Skies may be blue but not ration tokens after October first, OPA announces, for after that date blue tokens will be discontinued and blue ration stamps alone will be needed for the purchase of canned fruits and juices, canned tomatoes, catsup, and chili sauce. Food point values will be set up in such a way that most items remaining under rationing will be worth 10, 20, or 30 points, enabling housewives to use their 10 point blue stamps without change being needed. The points to keep in mind are these Mrs. America:

1. You may use blue tokens just as you have been using them until September 17.
2. After that time you will receive no blue tokens in change.
3. And use all your blue tokens by the last day of September because after that date they are no good.
4. The last two weeks in September—September 17 through the 30th to be exact—we can spend our blue points only in groups of ten. In fact, no fewer than ten tokens can be used and if you don't have ten you can pool your seven with a neighbor's three to make the required ten.

With nearly all processed vegetables removed from rationing after September 17, Mrs. America will be able to spend her precious blue points for fruits and juices which still require blue points. Acting

with speed, the OPA removed all processed vegetables except tomatoes and tomato catsup from rationing when the War Food Administration revealed supplies of those canned items were adequate to warrant such action.

When you buy that china baby shoe with the bunch of Cecil Bruner roses nestled in the toe to give Elsie's new baby, you're buying a useful as well as ornamental object, says OPA, and as such it should cost no more than it did in March, 1942. Any figurine, ornamental statuary, or decoration is subject to price control if it can possibly be used for any useful purpose whatsoever.

Do your stitches stagger — your seams sag? With so many of us making school clothes this fall, a little bulletin—Farmers Bulletin No. 1944, "Sewing Machines, Cleaning and Adjustment," published by the U. S. Department of Agriculture—will save wear on your nerves and tear on your sewing. And remember, if you're in the market for a used sewing machine, there is a legal ceiling price set by OPA for your protection. Call your OPA board for information, and don't pay more.

"I got-ashoes, you got-a shoes, all God's chillum got-a shoes." And even if they're red they won't cost one red cent more. WPB has lifted certain restrictions on shoes which means we'll soon be able to buy more styles and colors, and OPA promises no increase in price.

Yes, dog days are past, but don't

**RATIONING CALENDER**

Clip and keep for handy reference.

**Processed Foods:**

Book 4—Blue stamps A8 through F5 valid indefinitely.

**Meat, Butter, Fats and Cheeses:**

Book 4—Red stamps A8 through D5 valid indefinitely.

**Sugar: Book 4.**

Sugar stamps 30-31-32 valid indefinitely for 5 pounds each.

Sugar stamp 33 valid Sept. 1 for 5 pounds.

Sugar stamp 40 valid through Feb. 28, 1945 for 5 pounds home canning only.

For more canning sugar apply local OPA board.

**Shoes: Loose Stamps invalid.**

Book 3—Airplane stamps 1 and 2 valid indefinitely.

**Gasoline Coupons:**

Not valid unless endorsed. "A" No. 12 valid through Sept. 21, 3 gallons each. Apply by mail for renewal.

**Fuel Oil:**

Period 4-5 coupons valid through September 30. New period 1 coupons valid now.

**Tire Inspection Records:**

Must be presented for gasoline applications.

**Stoves:**

Apply at local OPA board for purchase certificates.

**Wood, Coal, Sawdust:**

ORDER NOW! Don't risk shortage next winter.

forget the hot dogs that your teenagers love are point free. Easy to prepare and popular with the whole family, Mrs. America will find them easy on both the ration book and pocket book.

Shoes — \$200,000 a pair. That's inflation. That's actually what you would pay today for a pair of \$6 shoes in Greece where inflation has run wild. In Greece, housewives are not reminded to check ceiling prices on their purchases—there are no ceiling prices—the sky's the limit. But here in America we have price control and it's up to us to keep it working. Check your ceiling prices—and pay no more.

Having trouble convincing your son or daughter he should give up his shipyard job and return to school this fall? No less authority than the Department of Labor asks us to stress the fact that our High School sons and daughters can do more good in these critical times by keeping in the groove and getting the education they need for the future security of our country.

**SOCIETY DOIN'S**

Mrs. A. J. Evans and daughter Connie Evans, from Berkeley, Cal., are visiting Mr. and Mrs. Jason Fontaine at 2212 N. Vancouver Avenue.

Mrs. A. J. Evans is Mrs. Fontaine's mother.

Mrs. Janie Thomas is the house guest of her daughter Mrs. C. C. Owens at 2212 N. Vancouver Ave. Mrs. Thomas is from Stephenville, Texas.

Mrs. Margie Fuller and little daughter Esther Marie, spent their vacation in Tacoma, Wash.

Dr. Wicker, the new dentist in this city, has established his office in the Fraternal Hall. It is now open to the public.

Bertha Porter, an old friend of Mrs. M. Belle Dunn's passed thru this city Tuesday, September 5th, enroute to her home in Berkeley, Cal. Miss Porter had been a house guest of Mrs. Dunn's brother Eddie Washington and wife in Seattle, Wash.

Mrs. Mary Sheen, formerly an entertainer at the Fraternal Hall, left the city recently to be reunited with her husband in California.

The Medley Hotel, corner of Interstate and Albina, has opened a new cocktail lounge.

The three Rockets, cooled entertainers from Los Angeles, are now thrilling patrons at the club New York. They are playing a sixteen-day engagement.

Mrs. Rachel Greene of 1633 N.E. Going Street, entertained Miss Mel-

ba Thompson and Miss Juanita Brown of New Orleans, La., with a dinner party at her home.

Prt. Eddie Walston and Mrs. Irene McCoy were the host and hostess. The other guests included Mrs. Clarence Cabell, S 2/c. Theodore Tindell, Mrs. Margie Fuller, Prt. Logan Robinson and Cpl. A. C. Burns back on leave after 28 months over seas duty, S 2/c. Roland Harley, Mrs. Shelby Golden.

A pleasant afternoon was enjoyed by all.

Mrs. Willa Pearl Curtis of Los Angeles is visiting Mrs. Geo. Randall of 1233 N.E. 3rd Avenue.

Son John Andrew Curtis 6, is with her. Mrs. Curtis organist for 8th and Towne St. A. M. Church, Los Angeles, visited the Grotto.

Mr. and Mrs. Willie Grace and two daughters are visiting his aunt, Mrs. Willie Eastman of 66th Ave., Portland, and plan to stay indefinitely. They are from Mississippi.

Mrs. Willa Pearl Curtis of Los Angeles is visiting Mrs. Geo. Randall of 1233 N. E. 3rd Ave. Also with her is her son John Andrew, 6. Mrs. Curtis is organist for the Eighth and Towne St. A. M. E. church, Los Angeles. They visited the Grotto

Mr. and Mrs. Willie Grace and two daughters are visiting his aunt Mrs. Willie Eastman at 66th Ave. They plan an indefinite stay. Their home is in Mississippi.

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