

Summer Salads Prove Popular Dishes

Variations of old ways to prepare seasonal vegetables given for summer.

If salads contain all the essentials of health, why not eat them rather than heavy pastries and rich deserts. The diet has sufficient sugar and fat but it is often lacking in the things which a salad gives, such as minerals, vitamins, bulk and appetizing acids.

To be successful a salad must be fresh, crisp, and the leaves free from excess moisture. Often with the color and flavor it is the most attractive part of the meal. But it should be used wisely. Either it should be planned to fit the meal or the meal planned about the salad. With a substantial meal a light salad with a small serving should be used. A salad should never be an after thought.

Lettuce is not essential but if it is served it should be eaten. It is a rule that all garnishes should be edible. Besides lettuce, one may use water cress, parsley, or if a real necessity arises, nasturtium leaves. Cheeseballs, marshmallows, and nuts may also be used. An unusual garnish is cheese shaped into carrots with parsley for the tops.

Variations from saltina wafers are cheese straws, cheese biscuits, or crackers with a mixture of one-third butter and two-thirds cheese spread on and toasted. Cheese straws are made by rolling cheese into pie crust, cutting it into strips half an inch wide and baking. The best croutons are made if the crust is removed and the bread cut into strips and buttered before baking.

The dressing is important. Mayonnaise has been worked to death when there are other dressings just as good. French, boiled, fruit, and golden dressing offer variations. Too large a serving spoils the flavor, makes the salad too heavy and takes away from the attractiveness.

One serving of fresh, uncooked vegetables or fruits should be eaten every day, authorities say. A salad is the most attractive way of getting this into the diet. It is economical as well because left-overs may be put to use.

These combinations have proved successful: Cherries with peanuts substituted for the seeds may be piled in the center of a pineapple ring for a flower salad.

Butterfly salad is made by cutting a ring of pineapple in two parts and placing them to resemble the wings of a butterfly. Pineapple and olives make the markings and feelers.

Cucumber boats are made by hollowing out cucumbers and filling them with chopped tomato, radish, peas and cucumbers. Tomato shells may be treated in the same way.

A pineapple ring, with shredded tuna fish or crab in the hole, covered with half of a canned peach is unusual.

Oranges and onions blend well together, although the combination is a bit unusual.

Gelatin salads offer a variation. Such vegetables as celery, cabbage and pimiento are cut up and allowed to get in the gelatin.

Baby beets, boiled, quartered, and served with cottage cheese balls are effective.

Candlestick salad is made with a ring of pineapple to represent the holder, a half banana for the candle, a cherry for the flame, a piece of coconut for the wick, and dressing for the candle dripping.

Baskets from carved apples or oranges filled with chopped fruit add to the table decorations.

AT THE LIBRARY
(Continued from page 2)

some ethics for the business man or woman, by Neia Braddy. It

will prove interesting and often helpful reading. "Four and Twenty Minds," essays on prominent figures in history and fiction, by Giovanni Papini, the Italian author who has recently published a "Life of Christ," which has proven popular.

"Confessions of a Booklover," his own appreciation of books, beginning with his boyhood reading, by Maurice Francis Egan.

"Household Arts and School Lunches," the results of a survey by the Cleveland Foundation, written by Alice Boughton.

"The Blood Ship," a novel by Norman Springer.

"The Book of Daniel," a volume of the Expositors' Bible, written by Dr. F. W. Farrar.

HOLDING A HUSBAND

Adela Garrison's New Phase of REVELATIONS OF A WIFE

CHAPTER NO. 354

THE WAY DICKY TOOK THE NEWS MADGE BROUGHT

"Where is Richard?" Mother Graham shot the question at me when I had finished my breakfast and was rising to go upstairs to Junior.

"Still sleeping when I came over to—help you with Junior." I feared my cheeks showed a betraying flush at the consciousness of the tarradiddle.

"Humph!" My mother-in-law gave me a keen, sceptical glance. "To pick wild flowers more like-ly. It's a wonder you haven't got a mess of 'em with you."

I laughed guiltily as I pointed to a vase of wild geraniums on the table. I had picked them from the hedgerows as I came along—I never can resist gathering blossoms when I know there is no injury to the plants entailed—and Mrs. Ticer had provided a vase for them. My embarrassment was not, as my mother-in-law thought, caused by chargin at being caught in one of my principal weaknesses, but by the consciousness that I was willing to let her think almost anything of my morning errand, save the truth.

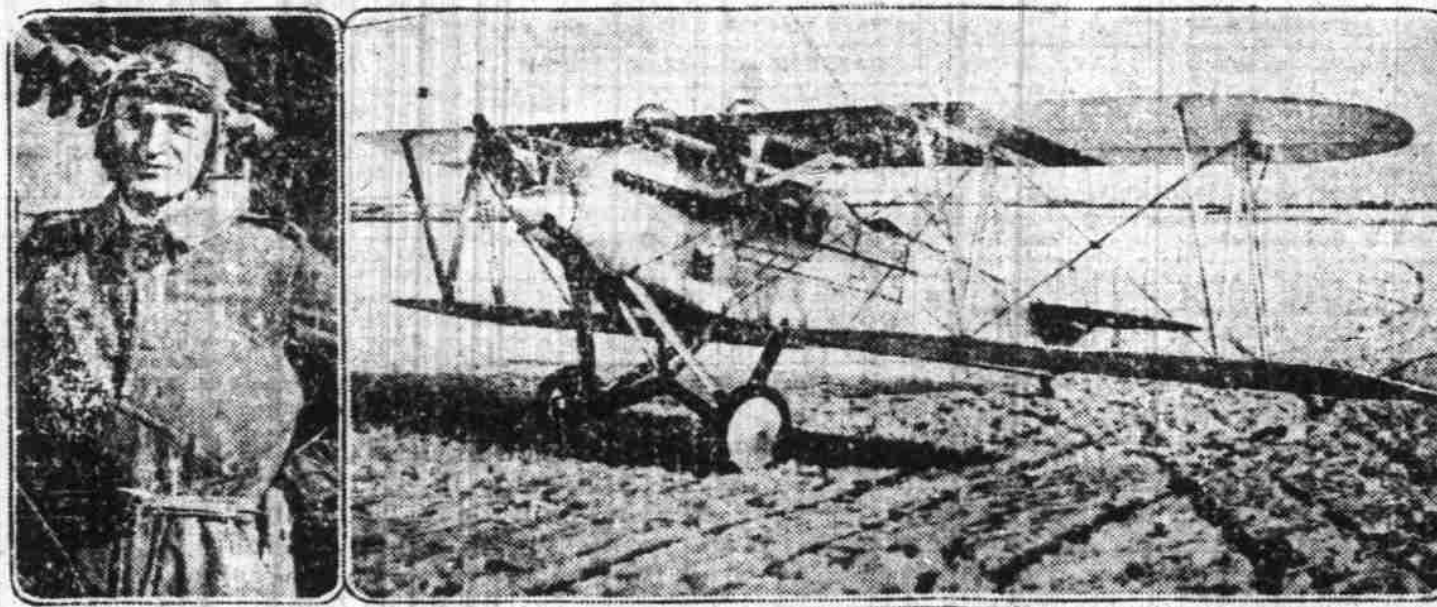
A Decision. "I thought so," she smiled sardonically. "But I saw that the chance to put me in the wrong had restored her good humor and would give a fillip to her digestion. 'Now you needn't worry yourself about Richard Second. I've taken care of him all these weeks. I imagine I might be able to get him through this morning without his either starving or doing himself an injury. You go on back and get Richard out of bed and over here to his breakfast in double-quick time. There's been time enough lost in this business. I shall find a place to live today. Now, Mrs. Ticer, if you'll just—"

She turned her back upon me in undisguised dismissal, and I thankfully seized the opportunity to speed back to Dicky.

He was still sleeping soundly when I entered the room at the other farmhouse, and I infinitely dreaded waking him, for I knew from bitter experience that rousing a sleepy lion from his lair and trying to get Dicky up in the morning were, or so I whimsically fancied, distinctly similar processes.

But I knew that I could not delay the performance, so I marched resolutely to the bed, bent over it, and kissed him lightly on the forehead, hoping against the experience of years that this time honored method of conjugal rousing would be effectual. Because

MAUGHAN ON HIS ONE DAY FLIGHT TO PACIFIC.



Lieut. Russell L. Maughan, his army plane and the route across the continent.

on one of two rare occasions it has proved itself valuable—generally try it first.

"I Can't—"

Alas for sentiment! My husband stirred and brushed his hand impatiently over his face.

"Cursed flies," he muttered, then turned heavily without opening his eyes and sank into profound slumber again.

There have been times in my earlier married life when this response would have brought tears to my eyes, and an ache to my heart. But time has brought me common sense or callousness—I sometimes think the two terms synonymous—and I only smiled appreciatively as I bent over my husband again, shook him vigorously by the shoulder and called:

"Dicky! Dicky! Wake up."

"What the dickens!" Roused into irritation, he opened his eyes and glared at me. "Let me alone."

He jerked his shoulder loose from my hand and rolled back sleepily.

"I can't let you alone," I said firmly, sitting down upon the side of the bed. "Your mother is up, and wants you to get over there immediately so that after breakfast you can go with her to find a house!"

The mention of his mother's name brought him to a sitting position with a jerk.

"Mother!" he frownedly ejaculated. "What's eating you? She isn't here."

"No, but she's over at the Ticer house," I patiently explained.

"How do you know she wants me?"

"I've just come from there."

"For the love of Mike, also Pete! Did you go over there and rout her out to start that crazy scheme of yours?"

I wisely forbore to remind him that the crazy scheme to make his mother discover the Dacey farm and propose buying it was conceived in his own fertile brain. Instead, I hastened to pour oil on the troubled waters as fast as possible, for—to borrow from Dicky's own vocabulary—it looked like a wild night at sea.

"No, indeed," and I felt that much of my reply to be truthful at least. "I went over to help

with Junior, but she was already up when I arrived!"

"I wouldn't believe you on a stack of Bibles," Dicky growled, as he rolled laboriously out of bed. "And if I hadn't promised last night, like a fool, to go thru with this thing, I'd let you and that old ruin you want to buy go where McGinty traveled."

(To be continued.)

Heirs of Abdul Hamid Will Fight for Fortune

CONSTANTINOPLE, July 14.—American lawyers may soon begin a legal battle to establish the right of the heirs of the late Sultan Abdul Hamid to oil properties and real estate in the territories now detached from Turkey, estimated to be worth \$500,000,000.

The heirs of the former Sultan include four princes and four princesses, and they are headed by Prince Mermed Selim Effendi presumptive successor to the Caliphate.

The heirs are seeking satisfaction at Lausanne, and if this endeavor fails they will instruct their American attorneys to begin legal proceedings. They say that the Lausanne Conference seems inclined to give a decision which would class the properties in question as belonging to the Turkish Crown. This they aver is wrong, declaring that according to law the properties should pass in equal succession to Abdul Hamid's sons and daughters, and that they will take every means to secure justice.

Although the former government of the Committee of Union and Progress usurped certain of the rights of the heirs and did its best to invalidate succession, it is claimed that it failed in its object.

A number of American concession-hunters have been after the heirs to grant them rights in the immense domains of the former sovereign of Turkey, and have competed with British promoters in their financial offers. If Lausanne decides in favor of the heirs, they will be able to form out the properties without delay. Otherwise they will contest and make a legal fight.

World's Fastest Train Averages 61 Miles an Hour

LONDON, July 14.—The fastest train in the world is now running between London and Swindon, a distance of 77 1/4 miles, which it covers in 75 minutes, traveling at the rate of 61.8 miles an hour.

This is one of five trains announced in the summer schedules of the English railroads, that will make better than a mile a minute on regular runs. The longest run is between London and Bath, 106 1/4 miles, which is made at the rate of 61.1 miles an hour.

Another feature of the summer train schedules is that daily non-stop trains are run between London and all the important cities and summer resorts in England, which are designed to allow the worker to live at the seaside and continue to work in London.

RAY McNAMARA'S
(Continued from page 1.)

had a puncture, nor did I even have to put additional air in the tires. Therefore, the Cord tires contributed in a large measure to the success of this tour. Their great strength over fabric permitted higher sustained speeds with total absence of trouble. Their easy rolling qualities increased speed economy and ease of steering, thus making big daily mileage possible with very little physical effort.

Therefore, every car owner starting out on a long tour should have his car well shod, a good spare and some extra tubes. Do not attempt to patch tubes along the road side, extra tubes will pay in the long run. To start with old tires may set you back on your schedule a few days. When you compare the cost of meals, hotels and patches, resulting from delays occasioned by tire troubles, this will more than offset the additional cost of replacing old tires, or the additional cost of cords over fabrics, so beware of false economy.

CAUTION! — When retiring your car keep these points in mind:

1. In changing to over-size

tires, be sure that the fender and wheel housing design on your car will provide enough clearance for the larger diameter. You can test this after mounting a tire by measuring distance between tire and fender, then comparing this with distance between frame and spring bumper. The fenders should strike bumper before the tire can make contact with fender, also cut front wheels to full angle in each direction, then with a couple of men on either side of the car, sway the body violently until frame hits bumper. At the same time observe clearance between apron of fender and tire on front wheels, and between body and side of tire on the rear wheels. This is very important for if the over-size tires rub at any point on account of their larger diameter, they are liable to be damaged and should not be used.

2. In replacing one tire, see that it measures the same diameter as your other tires; for instance different makes of tires may vary slightly in diameters, and in the case of a cord and fabric tire of the same size, usually the cord runs an inch larger. This will unbalance your car slightly, making steering difficult, and on the rear wheels will cause your differential to work all the time.

One tire being smaller gives the same action in the differential as when turning corners, one wheel running faster than the other.

3. Keep your best tires on rear wheels, equalize brakes properly, so that one wheel does not lock sooner than the other. This might wear your tread through, or develop flat spots on tires, causing vibrations.

4. Front wheels should be inspected for proper toe-in. After striking curbstones too hard, or in collision, flat tread or chaffing on tread of front tires indicates toe-in. See instruction on front axle in instruction book.

5. Soft tires will cause hard steering and will injure fabrics or cords. Hard tires will cause

hard riding, make car unsteady on road and hard to control at speeds, also reduce efficiency of brakes, increase tendency to skid and will increase rattles.

Consult your instruction book carefully on this, or the maker of your tires. In my experience with cord tires, a 3000 pound car with five passengers, 32x4 tires operate best under all conditions with 50 pounds of air in front tire and 55 pounds in rear. Increase rear tire pressure five pounds for heavier loads.

For the Owners Scrapbook Last Week—Police should fine motorists \$1 per foot for bad brakes.

Next Week—Hints on driving on trans-continental tour.

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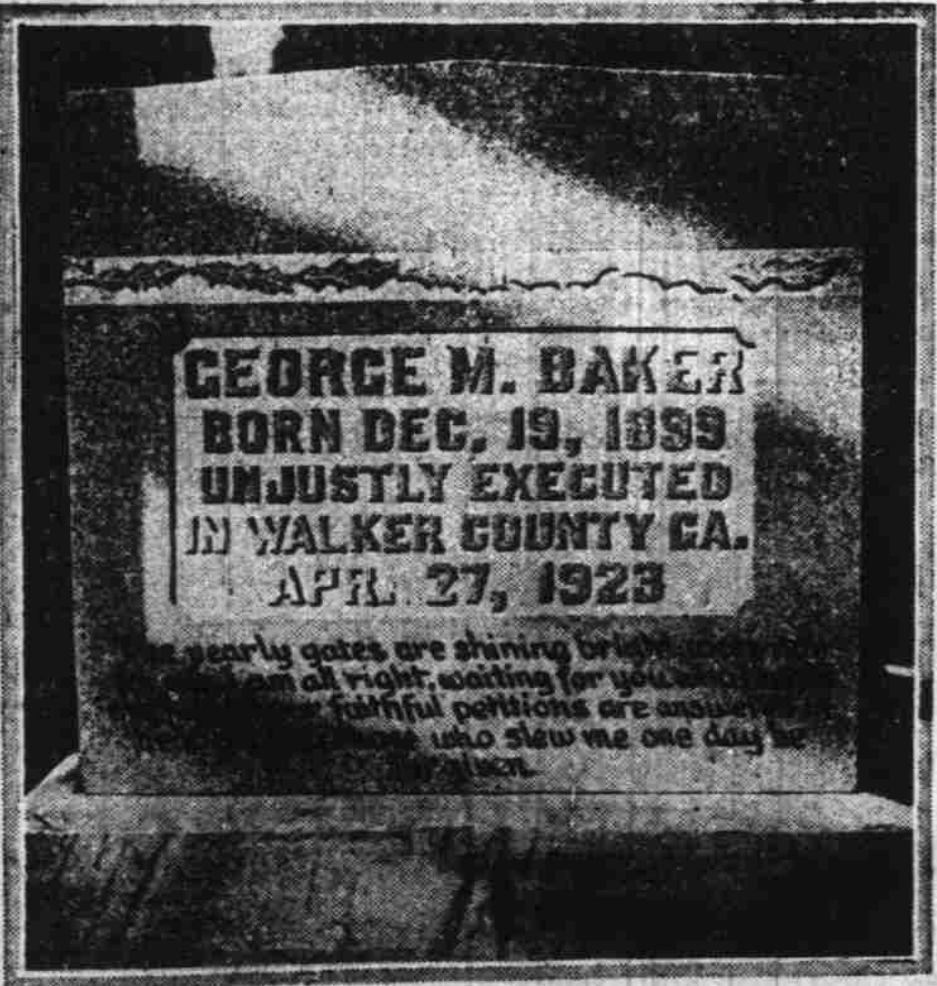
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33x4 1/2	Cord	27.80
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IS THIS CONTEMPT OF COURT?



This tombstone is a father's protest against the State that took his son's life. George M. Baker was executed in La Fayette, Ga., for the murder of Deputy Sheriff J. W. Morton. His brother Ralph, 15, is now serving a life sentence. The father refused to live in Georgia after the execution and moved, with his son's body, to Ryall Springs, Tenn. The case caused national interest and the sentence was believed by many to be unjust.