Bridge Clubs Entertained Tuesday

Bridge clubs are resuming their meetings following the holiday season with several hostesses entertaining today.

Mrs. Roger Mything will preside at a bridge luncheon this afternoon at her North Capitol street residence for the pleasure of members of her club.

Mrs. Craig Hostess

Mrs. Dolph Craig has bidden members of her club to a 1 o'clock luncheon this afternoon at her South Cottage street home. Additional guests will be Mrs. Raymond Bonesteele and Mrs. Kenneth Perry.

Members are Mrs. Bert Ford, Mrs. Frederick Deckebach, Mrs. Kenneth Bailey, Mrs. Richard Slater, Mrs. P. D. Quisenberry, Mrs. Breyman Boise, Mrs. Asel Eoff, Mrs. Lewis Griffith and Mrs. Dolph Craig.

Mrs. Kenneth Potts is entertaining her club at luncheon and cards this afternoon at her home. Her guests will be Mrs. Al Petre, Mrs. William Waterman, Mrs. Harry Gustafson, Mrs. Alden Adolph, Mrs. Robin Day, Mrs. Harold Olinger, Mrs. Rex Adolph and Mrs. Robert Joseph and Mrs. Robert Taylor.

Mrs. Page to Entertain

Mrs. Rollin K. Page will be hostess to her club this afternoon at her South Commercial street home. A 1 o'clock luncheon will be served with several hours of cards following.

Covers will be placed for Mrs. Wilmer C. Page, Mrs. Russell Catlin, Mrs. T. O. Russell, Mrs. Max O. Buren, Mrs. William Burghardt, Mrs. W. E. Hanson, Mrs. W. H. Wood and Mrs. Page.

Entertaining at luncheon and bridge today will be Mrs. Ercel Kay, who has bidden her club to her Fairmount Hill home.

Guests will be Mrs. Paul Hendricks, Mrs. William Connell Dyer, Mrs. Arthur Rahn, Mrs. Taylor Hawkins, Mrs. Keith Powell, Mrs. Frank H. Spears, Mrs. Fritz Slade of Portland, Mrs. Hollis Huntington, Mrs. T. A. Roberts, Mrs. John Carson, Mrs. Daniel J. Fry, jr., Mrs. James Young and Mrs. Kay.

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Good Neighbors Elect Officers

The Good Neighbors club met Thursday at the home of Mrs. Mysta Hendricks for a 1 o'clock luncheon in honor of Mrs. J. C. Courtineer's birthday. There was an election of officers for the new year. Mrs. Milton Steward is president, Mrs. Curtis Odenburg is vcie-president, Mrs. Lyle Castor secretary-treasurer, and Mrs. Austin Cater publicity.

Those present were Mrs. J. C. Courtineer, Mrs. Stuart Johns, Mrs. Curtis Odenburg, Mrs. Lyle Castor, Mrs. John Olson, Mrs. William McKinney, Mrs. Pearl Upson, Mrs. Austin Cater and the hostess, Mrs. Mysta Hendricks.

The next party is to meet at the home of Mrs. J. C. Courtineer January 16.

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Kappa Alumnae Will Meet

Mrs. Kenneth Bailey will open her South High street home to members of the Kappa Kappa Gamma alumnae association on Wednesday night for a 7:30 o'clock dessert supper.

Assisting the hostess will be Miss Betty Ann Thorndike, Mrs. Wallace Foster and Mrs. Richard Stolz. Mrs. Floyd Payne of Eugene, province president, will be a special guest and will talk informally on the national convention held at Sun Valley last summer.

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Mr. and Mrs. Austin Cater of Roberts were surprised New Year's eve when Mr. and Mrs. J. A. Green and family drove in from San Francisco, Calif., after spending Christmas with Mrs. Green's mother. They celebrated New Year's eve in Salem, then left for Vancouver, Wash., to spend a few days with Mr. Green's mother. They are returning to Salem to spend the weekend, then on to their home in Guffy, Colo., where Mr. Green is a rancher.

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The Salem Skating club will meet tonight at the city library at 7 o'clock. After the meeting the club members will compete in the first of a series of waltz contests at the Mellow Moon rink.

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Mrs. Virgil Sexton will entertain the Delta Zeta alumnae at her home on South High street tonight. A dessert supper will be served with a business meeting following.

LEAVES FOR WASHINGTON, DC—Mrs. Harold D. Peterson of Dallas, president of the Oregon Federation of Women's Clubs and Oregon director for the General Federation of Women's Clubs, who will leave Wednesday night for the capital city to attend the general federation's mid-year board meeting next week.

CLUB CALENDAR

Tuesday

Women of the Moose meet at Moose hall, 8 p.m.

Yomarco class, First Methodist church, with Mrs. A. A. Keene, 426 North Winter street, 2:30 p.m.

Elsa Ebsen class, Art Center, 2:30 p.m.

Eastern Star, Masonic temple, 8 p.m., regular meeting.

Grant PTA study group 1:30 p.m. in clubroom, 1:30 p.m.

Wednesday

Woman's Society of Christian Service of Jason Lee church business meeting, 10:30 a.m., luncheon at 1 p.m.

Pringle Woman's club with Mrs. George Adams, all day meeting.

Woman's Society of Christian Service, Leslie ME church, with Mrs. E. A. Rhoten, 1595 South High street, 2 p.m.

FOE Social club, with Mrs. P. C. Harland, 378 South 21st street.

WSCS of First Methodist church meet in Carrier room, 2 p.m.

AAUW interior decoration class, 2:30 p.m., chamber of commerce.

Women's Missionary society 2 p.m.

American Lutheran guild, church, 2 p.m.

Sunshine club with Mrs. Alvin VanCleave, of Hazel Green, 2 p.m. Gift exchange.

South section, 1st Congregational church, 2:30 p.m. with Mrs. E. J. Donnell.

Carnation club, with Mrs. George Parsons, 1057 Saginaw street, 12 o'clock no-host lunch.

AAUW executive board meeting with Mrs. Russell Beutler, 595 North 24th street, 8 p.m.

Laurel Guild of Knight Memorial church with Mrs. Roy Harland, 1849 State street, 7:30 p.m.

Thursday

Talk on England by Mrs. Ivison Macadam, in Carrier room, 8 p.m., auspices of First Congregational church.

Hayesville Woman's club, library conference room, 1:45 p.m.

DeMolay Mothers' club Masonic temple, 1 p.m.

The Women's Society of Christian Service of Jason Lee church will hold an all day meeting Wednesday. The business meeting will be at 10:30 and luncheon will be served at 1 o'clock. Mrs. J. Edgar Purdy will give a report on the jurisdictional meeting held at San Francisco and Mrs. Marie Putnam will be in charge of the devotions.

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The AAUW recent graduate group will meet tonight at the home of Mrs. James Dailey, 1595 Norway, at 8 o'clock. Miss Sally Reed will talk informally and her topic will be "What Is Music Telling You?"

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The St. Paul's Guild of St. Paul's Episcopal church will meet for a one o'clock covered dish luncheon on Wednesday afternoon at the parish hall.

Couples Return From South

Several Salem couples who went south for the holidays returned home this weekend. Dr. and Mrs. Harold Olinger are back from San Francisco where they attended the East-West game on New Year's Day. Mr. Joseph Adolph and his daughters-in-law, Mrs. Rex Adolph and Mrs. Alden Adolph, arrived in Salem late Monday from San Francisco where they attended the game and spent New Year's.

Mr. and Mrs. Frank G. Myers returned this weekend from Los Angeles where they attended the Rose Bowl game. Mr. and Mrs. Albert Gragg went south for the Rose Bowl game and are now in San Francisco. They expect to return to Salem next week.

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Mrs. Claggett Is Hostess to Club

Mrs. Charles Claggett was hostess to members of her club at her home on South 17th street last night. A late supper was served following an evening of cards.

Guests were Mrs. Glenn Wilbur and Mrs. Donald Cannon of Valley Junction, Mrs. Robert Ramsden, Mrs. T. Harold Tomlinson, Mrs. Donald Deckebach, Mrs. Glenn Woodry, Mrs. Deryl Myers and Miss Kreta Janz.

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The Just-for-Fun club has postponed its meeting for two weeks.

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INDEPENDENCE — Independence folk are busy during week: Mr. and Mrs. W. F. McBee were dinner guests of Mr. and Mrs. M. E. Underhill of Valley Junction on Sunday. The occasion was in honor of Mr. and Mrs. Milton Boring and Mike of Union.

Mr. and Mrs. Norman Baker and Eddie spent New Year's eve and day in Newberg at the home of Mr. and Mrs. Lester Dyer.

On Tuesday evening a group of friends were invited to the country home of Mr. and Mrs. W. F. McBee to celebrate the New Year. The evening was spent playing contract.

Those present were: Mr. and Mrs. Melford Nelson, Mr. and Mrs. James H. Hart, Mr. and Mrs. Earl Litwiller, Mr. and Mrs. Claude G. Skinner, Mrs. Elsie Bolt, and Miss Myra Montgomery.

Returning to college this weekend will be several students from Independence. Among those returning are: Mary Alderson to Southern Oregon College of Education; Bill Campbell to the University of Oregon; Gloria Smith, Allan Hunnicutt, Joseph Violette, Alva Dickinson, Beth and Julius Purvine, to Oregon State college; Betty Addison, Constance Johnson, Barbara Ruef, Margot Syverson, Glenn Burch, Jessie Jones, Mildred Gorsline, Lucille Sweiger, Lucille Barnhart, Claire Milhouser, Junior Hartman, Harold Engblom, Miles Olson, Melvin Irving, Clifton Miller, Roseanna Alexander, Wanda Crabtree, Dorothy Albright, Virginia Yeoman, Marvel Coon, Glenna MacComber, all to the Oregon Colege of Education.

Mrs. G. G. Walker, who has been visiting in Denver at the home of her sister, Mrs. Charles Bauer, returned to her home this week.

Miss Barbara Mattison is visiting in Medford at the home of Mr. and Mrs. Dan Weitzel. She will return on Sunday.

Miss Jean Ellen Irvine returned to her school position at Fossil last Sunday.

A group of Independence high school girls, Zelma Allen, Wanda Messinger, Mildred Pomeroy and Barbara Mattison visited last weekend in Corvallis at Zelma Allen's sister's home.

Miss Dorothy Moffitt, who graduated from the Oregon College of Education in December, was elected to a school near Enterprise. She left to assume her duties this week.

Mrs. Clara Stover from Weiser, Idaho, visited last week with her sister, Mrs. Claude G. Skinner.

Ray Thompson left Sunday to take over his duties as manager of the Safeway store in Newport. He visited here on New Year's day.

Miss Roma Stafford and Miss Mary Harper of Portland, former school girl friends of Mrs. C. G. Irvine, visited at her home on Thursday.

The regular meeting of the Parent Teacher's association will not be held next Monday afternoon. The date will be announced soon.

Mr. and Mrs. Murray House and Mr. and Mrs. Sam Moody and son, Willis of Astoria, who have been visiting with Mr. and Mrs. Joe Guild returned to their homes on Friday.

Betrothal of Couple Is Revealed

Of interest to the university folk is the announcement of the engagement of Miss Shirley Laws, daughter of Mr. and Mrs. S. M. Laws, to Mr. Robert Root, son of Mrs. Harry E. Root and the late Mr. Root of Portland.

The news was revealed at the Willamette university Vespers open house Sunday night in the Carrier Room of the Methodist church. The names of the couple were written on tiny cakes which were served at the refreshment hour.

Miss Laws is a graduate of Salem schools and is now attending Willamette university where she is affiliated with Delta Tau Gamma. She is connected with the state agricultural department.

Mr. Root is also attending Willamette university and is a transfer from Multnomah college. He is a pledge of Alpha Psi Delta fraternity. There has been no date set for the wedding.

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Nile Luncheon On Monday

The Salem Daughters of the Nile met for luncheon and sewing at the Masonic temple Monday afternoon. Mrs. D. X. Beechler presided at the meeting and the members sewed for the Shrine hospital.

The luncheon tables were centered with bouquets of jonquils and heather. The committee included Mrs. Adolph Bombeck, Mrs. George Dunsford, Mrs. Arthur Hunt and Mrs. O. A. Olson.

A special guest was Mrs. J. S. Greeny of Portland. Members present were Mrs. D. X. Beechler, Mrs. Adolph Bombeck, Miss Jeannette Bombeck, Mrs. Willis Brown, Mrs. David H. Cameron, Mrs. George Dunsford, Mrs. C. C. Gabriel, Mrs. Paul H. Hauser, sr., Mrs. Arthur Hunt, Mrs. John Imlah, Mrs. L. F. LeGarie, Mrs. Marvin Lewis, Mrs. W. J. Liljequist, Mrs. H. L. Lister, Mrs. O. A. Olson, Mrs. M. C. Petteys, Mrs. Letha Staats, Mrs. Rex Turner and Mrs. David Wright.

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Shrodes Entertain Guild Saturday

The Rembrandt Artists guild held its annual after-Christmas party at the home of Mr. and Mrs. D. L. Shrode on Saturday night. The annual exchange of pictures among the members was one of the events of the evening, and the highlight of the party was the drawing of a printed title which each member was required to illustrate by a pencil sketch. The contest was won by Ralph Gilbert. Prof. S. B. Laughlin and Mr. D. L. Shrode acted as judges.

Those present were Professor and Mrs. S. B. Laughlin, Mr. and Mrs. Ralph Gilbert, Miss Gertrude Savage, Mr. and Mrs. George Bonner, Arthur Selander, Evelyn Erickson, Ella C. Hathaway, Donna Bonner, Mrs. Holder and Mr. and Mrs. D. L. Shrode.

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Auxiliary Holds Meeting

The Kingwood Legion auxiliary met Thursday in their hall on Parkway drive for a business meeting with the president, Hazel Lacey, presiding. After the meeting the members were joined by the post.

Women present were Mrs. D. A. Williams, Mrs. E. J. Deitz, Mrs. Hazel Lacey, Mrs. K. P. Mobley, Mrs. Dan Gilliland, Mrs. E. A. Dickson, Mrs. C. E. Smith, Mrs. Floyd E. White, Mrs. Kay Simmons, and one visitor, Mrs. Schiller.

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The Hi-Y Mothers club will meet this afternoon at the home of Mrs. Arthur Bates, 1005 North Capitol street, at 2:30 o'clock. Mr. Oscar Paulson will be the guest speaker and his topic will be "Vocational Guidance in Relation to National Defense."

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Mr. and Mrs. Barkley Newman of Port Angeles, Wash., formerly of Salem, have been visiting in the capital and were the house guests of Mr. and Mrs. John L. Waters.

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Miss Dorothy Kirby of LaGrande, who was a guest at the home of Mr. and Mrs. Walter Snyder during the holidays has returned home.

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INDEPENDENCE—Several delightful bridge parties were held on Thursday night. Mr. and Mrs. Frank Van Dyke entertained at their country home

Invited guests were: Mr. and Mrs. Loren Mort, Mr. and Mrs. Theron Hoover, Dr. and Mrs. C. A. Fratzke, Dr. and Mrs. George D. Herley, and Mr. and Mrs. Paul E. Robinson.

A New Year's party was held at the home of Mr. and Mrs. R. M. Walker with contract in play. The guest list included: Mrs. Elsie Bolt, Mr. and Mrs. A. L. Thomas, Mr. and Mrs. Ira D. Mix, Mr. and Mrs. Melford Nelson, Mr. and Mrs. James Hart, Mr. and Mrs. W. F. McBee, Dr. and Mrs. George C. Knott and Mr. and Mrs. John E. Black.

The home of Mr. and Mrs. James S. Robbie was the scene of a party.

Those present were: Mr. and Mrs. C. O. Sloper, Mr. and Mrs. Glen C. Smith, Mr. and Mrs. Elmer E. Addison, Mr. and Mrs. Pearl Hedges, Mr. and Mrs. Harrison Brant, Mr. and Mrs. W. H. Cockle, Mr. and Mrs. Grover G. Mattison and the host and hostess.

Enjoying a New Year's party with Mr. and Mrs. W. F. McBee at their country home were Mr. and Mrs. James Hart, Mr. and Mrs. Melford Nelson, Mrs. Elsie Bolt, Miss Myra Montgomery, Mr. and Mrs. Earl Litwiller, and Mr. and Mrs. Claude G. Skinner.

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ROSEDALE—The home of Mr. and Mrs. Ed Caldwell was the scene of a quiet wedding Friday night when Mr. Caldwell's sister, Betty Jane Caldwell was united in marriage to Edward Holden of Salem by Rev. Bruce Caldwell.

Mrs. Richard Kriesel of Bolivia was an honor guest at a luncheon for which Mrs. Victor R. Griggs, formerly of Salem, was hostess at the Aero club in Portland on Monday afternoon. Among others attending from Salem were Mrs. Laban Steeves, Mrs. T. O. Russell and Mrs. Robert Drager.

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Installation Slated For Thursday

Maccabees of the Willamette valley will hold a joint installation of new officers Thursday night at the Fraternal temple with Willamette Tenthive, No. 6 and Capital Tenthive, No. 84D acting as hosts.

Great commander, H. S. Hudson of Portland, will act as the installing officer and the drill team from the Liberty Tenthive, Portland, will assist with the floor work. State Manager and Mrs. Ray Wilson will be honor guests for the occasion.

Mrs. Hannah Martin, 84D, will be director of installation and Mr. Louis Kurth, No. 6, will act as escort. Members from Eugene, Corvallis, Albany, Jefferson, Silverton, Dallas, Willamina, Woodburn and Aurora are expected to be in attendance.

Entertainment will follow the meeting with Mrs. Ruth Versteeg and Mrs. Elizabeth Taylor in charge. The refreshment committee is headed by Mrs. Margaret Kurth and Mr. Virgil Parker.

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Valsetz Wedding Solemnized

Miss Janice Martin and Mr. Mattison Smith, both of Valsetz were married on December the 24th at Marshfield. Miss Martin is the daughter of Mr. and Mrs. Merritt Martin and is a senior in the Valsetz high school. She has been active in athletics and was chosen all-star in the volleyball tournament held at Falls City last year. She also played with the Dallas girls softball team and is president of the high school student body. She will finish her senior year.

Mr. Smith is the son of Mrs. Edward Smith of North Bend and graduated from the North Bend high school last year. He is an employe at the Pacific handle factory in Valsetz. They will make their home in Valsetz.

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The Civic Research club will meet in the fireplace room of the public library on Friday at 2 o'clock. Warren Jones will talk on "City Government and the Budget."

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DeMolay mothers will meet at 1 o'clock on Thursday at Masonic temple. Mrs. Robert Phillips and Mrs. George Tucker are hostesses. Election of officers will be held.

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Miss Carmela Ross, daughter of Mr. J. Ross, has returned from a two months' stay in Vallejo and San Francisco, Calif., where she has been the guest of friends and relatives.

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Mrs. B. E. Owens was hostess to members of her study club at her Saginaw street home on Monday afternoon.

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Miss Virginia Hammond of Medford was the weekend guest of Miss Eleanor Swift. The girls are Gamma Phi Beta sorority sisters.

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WOODBURN — Miss Nona Otjen, bride elect of Henry Schiedler of Gervais, was honored with a pre-nuptial shower Friday afternoon at the home of Mrs. Arthur Burt.

Invited were: Miss Otjen, Mrs. Herman Otjen, Mrs. Nancy Carpenter, Mrs. Tom Engle, Mrs. La Vern Otjen, Mrs. George Beach, Mrs. J. Melvin Ringo, Miss Margaret Jackson, Miss Zoa Lowthian, Miss Lila Ashland, Mrs. William Wangrin, Mrs. Alice Rofinot, Mrs. Agnes Doss, Mrs. Ernest Livesay, Mrs. Robert McClure, Mrs. A. Rockafellow, Mrs. Wayne Wood, Mrs. Wister Lytle, Mrs. Robert Scott, Mrs. Mary Whitman, Mrs. Etta P. Hall, Miss Mabel Livesay, Mrs. Nellie Yates, Mrs. Arthur Burt and Mrs. Fred Hall.

Casserole Uses Beef Liver

Liver is a regular item on many family menus, but sometimes the price of calves liver pinches the budget a bit too much. If beef liver is used in casseroles and mixed dishes, it will serve the purpose on the menu well.

BEEF LIVER BALLS

1½ pounds liver
2 cups cracker crumbs
¼ grated onion
4 tablespoons fat
⅛ teaspoon marjoram
1 teaspoon salt
¼ teaspoon pepper

Parboil liver and put through meat chopper. Mix thoroughly with other ingredients, adding enough liquid in which liver was cooked to moisten. Shape into balls. Place on top of spaghetti in a casserole and bake.

Rice and Lamb Mixed Are Good

Mix lamb with rice and you have a fine dish, thus:

LAMB WITH RICE AND TOMATOES

Roll 1-pound of lamb stew meat in flour and brown. Place in casserole and add 3 cups boiling water to drippings. Stir and add it to the meat, along with 1 cup tomatoes and ⅔ cup uncooked rice, salt and pepper, 1 pimiento chopped ½ diced onion. May add leftover gravy if using leftover meat.

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The naturally polished, patent leather green covering of the avocado that you buy covers a multitude of nutritive bargains. The oil of avocado pears is renowned for its ease of digestion, even though its caloric value averages less than one third that of butter, which is a real fatty food. The fruit's range of vitamin variety exceeds that of any other fresh fruit. It includes all the commonly known vitamins including vitamin D, which is not found in any other fruit. Minerals include an exceptional percentage of iron, along with phosphorus, manganese and copper, and the alkaline forming minerals—potassium, sodium, magnesium and calcium.

The WOMAN'S ANGLE

By MAXINE BUREN

A few years ago the buyer of household goods or clothing or even food, had to take the dealer's word for whether the products were worth the price.

Then came a time when consumer education agencies gave the buyer all the necessary steps in determining whether a product came up to certain standards. But the consumer had to be a technician to make the necessary tests, and the poor salesman was supposed (if the consumer were to make the necessary tests) to stand by and let the customer burn a piece of the woolen material, pull a linen towel apart, or do other equally impossible things, before she would buy.

Now comes a time, and a more sensible time, when the education of the consumer is taking a middle-of-the-road stand. Women are reading practical ways to get their money's worth.

Buyers are taught what the new labels on canned and packaged foods really mean, and how to select silk hose suitable to each purpose, and how to tell substantially made furniture.

Consumers are instructed in standard sized sheets that will give a maximum amount of wear with a minimum amount of strain. They are being taught fair ways to treat the merchant, how many of the exchanges they should expect him to stand for.

So as we become modern, we progress in buying as well as other forms of education. No longer does the housewife order a can of coffee or a sack of flour. She buys by label, with a knowledge of why she likes a certain brand, and what sized package will give her the best value.

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Raspberries Take Marshmallows

Marshmallows are handy little balls of fluff to have around the house, but they are especially good when used to make fluffy desserts. Here's an example:

MARSHMALLOW RASPBERRY FLUFF

Whip 1 pint of cream, fold in 1 beaten egg white and sweeten. Have ready 1½ cups fresh frozen or canned raspberries and 1 cup finely cut marshmallows. Sprinkle through the cream and garnish with whole berries.

Today's Menu

Bananas and hominy will appear with pork on the day's menu.

Lettuce quarters, French dressing
Pork casserole
Bundled bananas
Buttered beets
Apple-peach Betty

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CAROLINA PORK CASSEROLE

1½ to 2 cups diced cooked pork
1 cup thinly sliced onions
2 tablespoons bacon fat or butter
1 tablespoon flour
1½ cups boiling water
1 teaspoon salt
⅛ teaspoon pepper
½ cup chili sauce
2 tablespoons drained bottled horseradish
1½ teaspoons Worcestershire sauce
2 cups cooked hominy.

Saute pork and onions in fat until lightly browned. Stir in flour. Gradually add boiling water and cook until thickened, stirring constantly. Add salt, pepper, chili sauce, horseradish, Worcestershire sauce, and hominy. Bake in buttered casserole in moderate oven (375 degrees) 45 minutes. Yield: 6 portions.

BUNDLED BANANAS

Melted fat or oil
3 to 4 bananas
¼ cup floor
Fritter batter.

Peel bananas and cut each into 3 or 4 diagonal pieces. Roll in flour. Dip in fritter batter, completely coating the banana pieces with the batter. Deep-fat fry or shallow-fry in the hot fat 4 to 6 minutes, turning fritters frequently to brown evenly. Drain on a rack. Serves 6 to 8.

FRITTER BATTER

1 cup sifted flour
2 teaspoons baking powder
1¼ teaspoons salt
¼ cup sugar
1 egg, well beaten
½ cup milk
2 teaspoons melted shortening.

Sift together flour, baking powder, salt and sugar. Combine egg, milk and shortening. Add to dry ingredients and mix until batter is smooth.

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Glazed Vegetables Are Liked

Vegetables that are given a shiny glaze always smack of the expensive, but they certainly aren't. Here are two:

GLAZED CARROT SLICES

12 carrots
Salt
2 tablespoons light corn syrup
2 tablespoons butter

Scrape and slice carrots; cook in covered utensils in small amount of boiling salted water until tender. Drain off water; add karo and butter and cook over low heat, stirring constantly, for 2 or 3 minutes. Serves 6.

GLAZED SWEET TATER SLICES

6 sweet potatoes
Salt
2 tablespoons light corn syrup
2 tablespoons butter.

Peel cooked sweet potatoes; slice crosswise ¾-inch thick. Place in buttered casserole dish; add karo and butter and cook over low heat, covered, for about 5 minutes. Serves 6.

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Leftover mashed potatoes, mixed with an egg make a good looking and fine tasting crust to top a meat pie. Try them spread roughly over the pre-baked meat loaf and put back in the oven to brown.

FEMALE PAIN

Women who suffer pain of irregular periods with nervous, blue spells due to monthly functional disturbance should find Lydia E. Pinkham's Vegetable Compound simply marvelous to relieve such distress. Pinkham's Compound is made especially for women to relieve such distressing feelings and thus help them go smiling thru such "difficult days." Over 1,000,000 women have reported remarkable benefits. Try it!

SMART SHOP
115 N. LIBERTY
CLEARANCE NOW!

BEWARE NOW OF EPIDEMIC COLDS!

Here's Some Good Time-Tested Advice

With folks all around suffering with contagious colds, be just as careful as you can—and you may avoid a lot of sickness, trouble and worry.

Follow these simple rules of health: Live normally. Avoid excesses. Eat simple food. Drink plenty of water. Keep elimination regular. Beware of wet feet and drafts. Take some exercise daily—preferably outdoors. Get plenty of rest and sleep.

Then use these two time-tested treatments when needed.

AT THE FIRST SIGN OF A SNIFFLE, SNEEZE OR NASAL IRRITATION... put a few drops of Vicks Va-tro-nol up each nostril right away. This helps to prevent many colds from developing, because Va-tro-nol is expressly designed to help Nature's own defenses against colds. (If a head cold causes stuffiness, you'll find that a few drops of Va-tro-nol helps clear the clogging mucus and makes breathing freer and easier.)

IF A CHEST COLD OR COUGHING COLD DEVELOPS (some colds get by all precautions) depend on Vicks VapoRub to relieve miseries. Rub VapoRub on throat, chest and back and cover with a warmed cloth. VapoRub acts to bring relief 2 ways at once. It stimulates surface of chest and back like a warming poultice. At the same time it releases helpful medicinal vapors that are breathed direct into the irritated air passages.

Both Va-tro-nol and VapoRub have been tested through years of use in millions of homes. When you use these two medicines you are not experimenting, you are not taking needless chances. Remember: If the condition of the cold fails to respond quickly to treatment—or if more serious trouble is indicated—call your family physician right away. In the meantime be prepared! Get a bottle of Vicks Va-tro-nol and a jar of Vicks VapoRub today.