

### Fruit Comes To Rescue In Lent

Vegetable plates, eggs in many delicious forms, fish at its tastiest and best! Each season has its special food favorites and these come with Lent. The meatless Lenten meal is looked to with pleasure. It offers a chance to try new and interesting food combinations.

Since the meat dish furnishes much of the flavor of the meal, the foods that replace it in Lenten and similar menus, must be correctly cooked and seasoned. Cook vegetables in as little water as possible and do not overcook. These practices retain flavor and conserve vitamin value. Season carefully, using plenty of butter for flavor and to compensate for the fat that is usually provided by meat. A bit of sugar brings out the best in green peas, carrots, summer squash, and certain other vegetables. Spinach and other greens cooked with salad oil gain a pleasing texture and flavor.

Lent is a seasoning for vegetables that should often be used and a dish of juice-providing lemon quarters is as important a table accompaniment for these foods, as the salt and pepper shakers. Fancy garnishes are easily made and are useful to decorate food and make it more eye-appealing.

Fish comes to the fore in Lent, although it is a food that should appear often on the year 'round menu, due to its food value and the fact that modern marketing methods have given us a plentiful supply and variety of both fresh and canned fish. Here again, lemon is important, for lemon and fish are one of the oldest of food affinities.

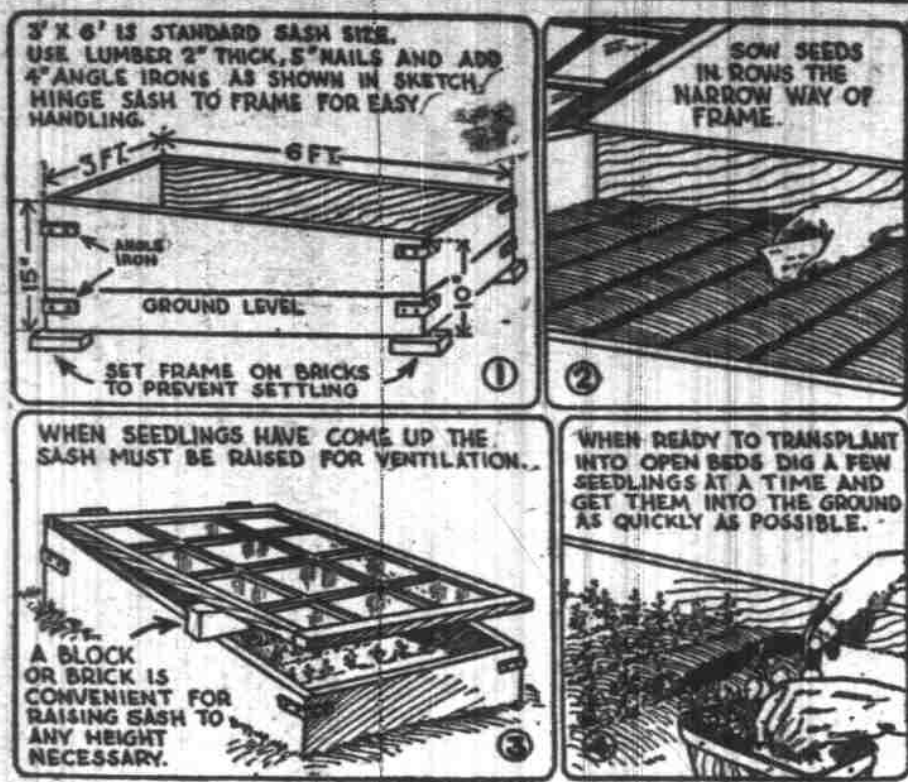
Lemon juice is the base for a number of popular sauces used as accompaniments for vegetables and fish.

Lemon butter—2 parts melted butter to 1 part lemon juice—is the simplest of sauces. Serve over cabbage, cauliflower, broccoli, Brussels sprouts and artichokes. Tartar sauce—Combine 1 cup mayonnaise, 1/2 teaspoon onion juice or 1 tablespoon chopped olives, 2 tablespoons chopped sweet pickles or green relish, lemon juice to thin to desired consistency. Serve with fish. (Serves 6-8.)

Tart sauce for vegetables or fish—Put in double boiler 2 egg yolks, 1/4 cup cream, 1/2 teaspoon salt, 3 tablespoons lemon juice, a flick of nutmeg. Cook until thick and creamy, stirring constantly (about 2 to 3 minutes). Do not overcook. Stir in 2 tablespoons butter bit by bit. Serve at once over hot vegetables, such as asparagus, Brussels sprouts, string beans, cauliflower, broccoli. Good also over cooked fish. Equally good cold for fish, such as salmon loaf or mold. (Makes about 1/2 cup of sauce.)

### Let Daughter Make Salad

One outstanding criticism of present-day parents has been that they are shielding their children from work. Undoubtedly there are fewer tasks for children to do around the home and in the neighborhood than there were a generation ago. But the work of planning, serving and clearing away after meals we still have with us, so there lies an opportunity for helpfulness. Let the children see their part in such tasks as an interesting adventure. Assign to daughter, perhaps, the



### Cold Frame, Amateur Gardener's Friend, Can Be Made Easily at Home

There is quite a bit of wood-work connected with gardening, and winter is a good time to be at it. A major task is building a cold-frame, which is well called the gardener's best friend. In those tantalizing weeks of early spring, when a warm sun one day sets the garden fever burning, and freezing weather that night chills the courage, a cold frame is priceless.

Everybody needs one, though he may have a hotbed, or even a greenhouse in addition. To the great majority of home gardeners, the cold frame will suffice for all real needs in early sowing.

Easy to build, and simple to operate, it enables seeds to be sown several weeks before it would be safe to sow them in the open. With the protection of the glass sash on frosty nights the seeds will germinate, and the seedlings grow sturdily, until they are large enough to transplant into the open ground. To make a cold frame, the accompanying illustrations give full and detailed instructions. The soil which is used in it should be fine, friable top soil, well pulverized. Sow the seed as you would in a flat, or hotbed, water thoroughly and firm the soil over the seed, pressing smooth with a brick, or piece of board.

Watering now becomes of great importance. At no time should the soil be allowed to become hard and dry. Yet excessive watering may cause the seeds to rot, sour the soil, or cause "damping off." When the plants appear, thin them out, allowing each to grow singly without crowding.

After the seedlings appear, watering is still important. Good drinks, between which the soil dries somewhat without becoming crusty and hard, should be the rule. And fresh air is the next great need. On sunny days, the sash should be lifted early in the morning, otherwise the temperature may quickly run to a dangerous height. Inspect the cold frame at least every morning and afternoon, and remember it whenever the weather changes abruptly. You will soon learn the program needed to keep the young plants growing vigorously, which

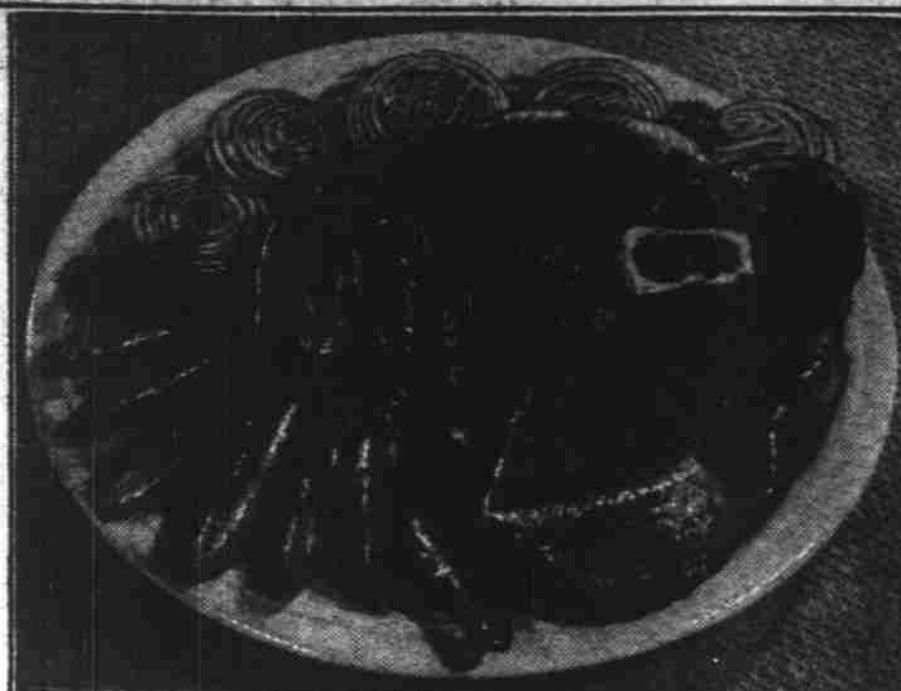
work of salad making for the evening meal. Salads will probably appeal to her because they present an opportunity to express the artistic side of her personality. She can introduce the element of surprise, too, when she makes a stuffed prune salad for instance. She'll feel that salad making is indeed something to be taken only by one with an artistic soul.

### Today's Menu

- Ham slices will be a popular part of tonight's menu. Banana nut salad Baked ham slices Sweet potato and orange casserole Broccoli with butter Baked custards Almond macaroons

### SWEET POTATO AND ORANGE CASSEROLE

- 5 medium-sized or 2 pounds sweet potatoes 1/2 teaspoon salt 2 oranges 2/3 cup brown sugar, firmly packed 1/2 cup strained honey 1/2 cup orange juice 4 tablespoons fine bread crumbs, to sprinkle on top if desired 4 tablespoons butter Wash the sweet potatoes; boil until almost tender, about 25 minutes. Then peel and cut the potatoes into 1/3-inch slices; season with salt. Slice the whole oranges, peel and all, thinly. Place alternate layers of potatoes and orange slices in a buttered casserole. Pour over them the combined other ingredients. Bake for an hour at 350 degrees.



BEST EVER—It's hard to beat a well-browned pot roast for appetite appeal or real eating pleasure. Here we have a round bone shoulder roast of beef, cut good and thick and weighing about five pounds. We like leftovers and plan to have enough to use in several ways. The seasoned roast was browned well in a little hot fat, then simmered in a small amount of water. A tablespoon of vinegar or a half cup of tomato juice tends to tender the tissues and gives a bit of zest. Avoid using too much water lest all the meat juices join the water in the pot. The carrots and onion slices were cooked on top of the roast for the last half hour. Allow about three hours total cooking time.

### City Offices Left Vacant

ALBANY—The city of Albany will have a substitute city recorder at least for the next year, due to the leave of absence granted by the council to Karl Horton, present incumbent. The council will also have a vacancy in the police staff to fill due to the resignation of James Givens who has held the position of motorcycle cop the past year.

Recorder Horton requested a leave of absence in order that he might enter the US army. He had already enlisted but will probably not be called until the middle of the present month. The vacancy will be filled at the council meeting on March 12.

Givens stated in his resignation that he was engaging in trucking operations and his services would be required in supervising the same.

### Grangers' News

TURNER—Mrs. Molly Spiers was hostess to the Home Economics club of Surprise grange, with a noontime luncheon. The president, Alice Titus, was attending the grange conference at Corvallis.

Plans were made for entertaining the Union Hill grange this Saturday, also the group decided to send the local lecturer, Mabel Walker, to the lecturers' school at Corvallis. The last of this month Mrs. Fred Mitchell will be club hostess.

### Silverton PTA Plans Dinner

SILVERTON—Mrs. C. W. Walls, state president of the Parent-Teacher association, will speak at the Silverton meeting Thursday night at 8 o'clock at the little auditorium of the senior high school building. The meeting is open to everyone, Mrs. F. Z. Roubal, local president reports, and fathers are especially urged to attend.

Other business to be brought up will include the appointment of the nominating committee, a vote on the summer recreational program and plans for the PTA Oregon Products dinner on April 3. Mrs. Fred Baker is tea chairman for Thursday night.

### Dayton to Give Comedy

DAYTON—"The Red Headed Step-Child," three act comedy, will be given by Dayton union high school junior class Friday night, March 14.

**COLDS**  
Believe misery as most wise mothers do. Rub throat, chest, back with **VICKS VAPORUB**

### Social Meet Held By Circle B

DALLAS—Members of Circle B of the First Presbyterian church met at the home of Mrs. E. B. Bossatt, Monday afternoon.

Mrs. Maurice Dalton presided at the business meeting. The remainder of the afternoon was spent in sewing, with a tea hour following.

Present were Mrs. Harvey Carpenter, Mrs. Earle Richardson, Mrs. E. V. Dalton, Mrs. J. F. Spooner, Mrs. W. C. Leth, Mrs. Delwin Reimner, Mrs. Roy Donald, Mrs. A. J. Cleveland, Mrs. Fred Stinnette, Mrs. Donald Gabbert, Mrs. Carl Bales, Mrs. Maurice Dalton, Mrs. Virgil Grant, Mrs. Irene Adam and the hostess, Mrs. Bossatt.

### Turner News

TURNER—Mr. and Mrs. William Spiers recently enjoyed a visit with their daughter, Mrs. Eugene LaClair (Esther Spiers) of Portland.

Mrs. Harold Squires and baby son are getting along nicely, with Stella Barnett taking care of them. Later in the month Mrs. Squires and children expect to return to their former home in Iowa where her husband has a position. He accompanied his family to Turner, but returned some weeks ago to resume his work. Mrs. Hallie Endicott returned to Portland with her friend, Mrs. Cora Frain, where she is visiting with relatives and friends for a week.

### Hayesville Girl Is Honored

HAYESVILLE—A group of friends gathered at the Albert Stettler home Sunday in honor of Jean Stettler's 18th birthday.

Guests were Mr. and Mrs. Vernon Clark, Bobbie and Stanley, Mr. and Mrs. Ronald Hall, Shirley and Lois, Mr. and Mrs. David Greig, Mr. and Mrs. Chester Doolittle and Jean, Mrs. Rovilla McAfee, Mary Virginia Hatfield, Adelle Frey, Carl Komysate, Jack Smith, Lowell Mowry, Luellen Paulson, Dorothy Tartzell, Alma Carrow, Mr. and Mrs. Albert Stettler, Jean, James and Elsie.

### Monmouth Senior Play Scheduled

MONMOUTH—The annual senior play to be presented Thursday and Friday nights by Monmouth high school students is titled "Shadow of Terror," a three act mystery. Leading parts will be taken by Gloria Tompkins, George Winegar, Edna Haller and Don McEldowney. Edith Clarke is faculty director.

Mrs. Helen Blain, local telephone operator, was taken to the Deaconess hospital at Salem Tuesday for treatment. She has been ill the past week.

### Scouts Advance At Stayton

STAYTON—The regular court of honor of the Boy Scouts was held at the lodge hall Monday night.

Advancements made were Billy Freele, animal husbandry, path-finding, scholarship; Jimmy Comstock, personal health, firemanship; Clarence Clark, personal health, firemanship; James Lafky, star scout, all of troop No. 50, Stayton.

Courts of honor are held the first Monday of each month in the lodge hall.

### Three Link Club Visits Salem

TURNER—Mrs. Thelma Caspell entertained Ideal Rebekah Three Link club, of which she is a member, with an all day meeting at her Salem home. Following the no-host dinner, the afternoon was spent informally.

Present were Lucille McKinney, Muriel Salisbury, Mabel Walker, Zella Webb, Mary Ball, Nora Robertson, Nellie Hamilton, Alice Titus, all of Turner, Ethel Whaley, Thelma Caspell and Mildred Davidson, the assistant hostess.

### Winning Speech to Be Given Fairview Club

FAIRVIEW—Fairview Community club's March program will be presented Thursday night by the Amity Community club. Edwin Heinonen will give his winning Future Farmers' contest speech.

Helen Kotka, Thelma and Earl Compton and Alene Fleming, seventh and eighth grade Fairview students, accompanied their teacher, Mrs. Henry Knoche, to the legislature Monday afternoon.

### Patient Reported Better

SILVERTON—Mrs. Charles Fryer, who has been ill at Emanuel hospital, Portland, was reported somewhat better early in the week. Mrs. Fryer is the mother of Mrs. George Jaeschke, president of Silverton Woman's club, and of O. E. Buell.

### IOOF Meet Scheduled

GERVAIS—The district convention of the IOOF lodge is to be held in Gervais early in April. All members of the local lodges are requested to be present March 15 and assist in plans for the convention.

### Banquet Scheduled

HOPEWELL—The annual father and son banquet will be held at the Hopewell United Brethren church Tuesday night, March 8.

## Spring in Full Bloom at Milgrim of Salem

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2.95 3.95 to 7.50

### Smart Salem Women Choose Colorful Prints



Left, daytime print dress; center, print suit; right, young matron's dress

Amusing and colorful prints are the choice of smart women this spring, and the gay new designs will suit any fancy. Joan Leslie, left above, is modeling a simple crepe print suitable for all daytime occasions. It is soft yellow splashed with white, turquoise and sage green. The belt is matching turquoise and sage green. The belt is matching turquoise and sage green. The belt is matching turquoise and sage green. The belt is matching turquoise and sage green.

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Milgrim of Salem

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