



Vine Vegetables Need Warmth, Water and Plant Foods

Vegetable vine crops are all tender. They should not be planted until the ground is warm and now that danger of frost is over it is time. A sunny exposure and a light soil are best for the vines; and they need plenty of water and food, because they grow so fast, and produce so much.

Cucumbers, squash, pumpkins and melons are the principal vine crop. Even the small garden can grow some of them. Cucumbers should always be tried; the early varieties mature in two months, and they can easily be restrained to a reasonable space. Pinch off the ends of the vines which grow too far; this will stimulate the setting of fruit.

Bush squash need about ten square feet apiece. The Italian marrow is one of the best; its fruit can be harvested when three inches long, or at any stage upward to 3 feet long. At all sizes there is a delicious way to serve them. There is also a

bush pumpkin taking about the same space. It is not so productive of food, since the fruits are allowed to mature; but they make fine pumpkin pies and fair jack-o-lanterns.

Melons need more room, as the vines like to run. They should have light soil, and full sun, and abundant plant food. Mix it table-spoonful to the hill before planting. Choose a melon which will suit the season of growth. There are varieties which mature in from 75 to 110 days and as you cannot plant the seed until the ground is warm, you can figure out what are the chances of getting mature fruit before frost comes. Much depends on the weather; warm sunny weather is required to produce sweet melons.

If you have room, delicious winter squash can be grown, such as Table Queen and others. They will keep into early winter, and are delicious when baked in the rind.

No End Seen Until 1944

PORTLAND, June 4.—(P)—Sir Walter Citrine, general secretary of the British trades union congress, said Thursday, "I see no logical reason why the war should end before 1944."

"However," he told an interviewer, "one deals with too many intangibles to make a sure prediction. We can't tell yet, for example, what those devastating raids will do."

Sir Walter, here to address the seventh annual western conference of the AFL International Brotherhood of Teamsters, said Hitler and his nazi regime will collapse as soon as the German people become convinced the war cannot be won.

He came to America to submit to the AFL executive board a proposal for linking British, American and Russian labor. The AFL rejected the proposal, he said, but plans to counter with one of its own.

Midwest Folk Visiting Middle Grove Friends

MIDDLE GROVE—Rev. Harold Buckles and Mrs. Harold Buckles and daughter, of Nebraska, Mrs. Ella Thompson of Minneapolis, and Mr. and Mrs. Harold Elkins and family of Monmouth were guests at the Silas Buckles home Sunday following the preaching service at the Middle Grove Union Sunday school.

Reverend Buckles, son of Mr. and Mrs. Silas Buckles, left Monday to hold evangelistic meetings in Ohio. Mrs. Thompson, who is enroute home from visiting a son in the service in California, is a sister of Silas Buckles.

Labish Community Has Moving Day

HAZEL GREEN—Jane has been moving month in the Labish community this year.

Otis Phillips, who is farming the 43 acres James Yada and Y. Kyono had in gardens, moved to the Yada home; Orin Lowery of Labish Center will farm the Yoshikai lease, moved to the Yoshikai house; Goldie Lowery, Y. Kaneka lease, the Kaneka home; W. Lowery, the Imagawa lease, the Imagawa home; Ralph Lee, the Ogura property to the Charles Ogura home.

Orin Phillips, who is employed by his brother Otis Phillips, moved to the Y. Kyono house. The Yada family has lived in the district 23 years, the Yoshikai 15, the Kyono's five.

Aurora Club Disbands For Summer Months

AURORA—The annual meeting of the Aurora Woman's club was held Wednesday at 2 o'clock at the home of Mrs. E. E. Bratt. Mrs. A. W. Kraus was joint hostess. The president appointed the standing committees for the year 1942 and 43. Reports of committees were read and filed.

Mrs. A. W. Kraus, Mrs. P. J. Hunt and Mrs. Fred Dental are the committee who will confer with the community club to arrange for the annual picnic of the clubs.

The program was homebound bound—Panorama of Pan American papers were read by Mrs. John Kraus, Mrs. W. H. Ehlen and Mrs. Fred Dental.

The club will disband for the summer to meet October 7. Mrs. Bertha Lee of Canby, sister of Mrs. Bratt was a guest.

Farmers Receive Tire Certificates

SILVERTON — Farmers rated the greatest number of tire certificates this past week from the Silverton board. Those receiving tire certificates in the Silverton farming area were Lena Barhke, 2 obsolete tires; Roy Brown, 2 truck tires and 2 tubes; P. Scymanski, 1 truck tires; R. A. Hagg, 4 passenger recaps; Greg Schemmel, 2 passenger recaps; Ed Chretien, 2 obsolete; Floyd Brewer, 2 tubes and 2 passenger recaps; Elton Watts, 1 tube and 3 passenger recaps; Hellick Furness, 1 truck tires; A. S. Howe, 2 passenger recaps.

Farmers from Scotts Mills include Frank Shepherd, 2 obsolete tires and 1 tube; Jesse Barkhurst, 1 tube; M. A. Biehlein, 1 tube. Loggers receiving certificates included Russel Nelson, 1 truck

tube, Scotts Mills; John Thomas, Scotts Mills, 1 tire and 1 tube; Christian Peterson, Silverton logger, 1 truck tire.

Spring Valley Family Holds Reunion Party

SPRING VALLEY—Mr. and Mrs. Frank Windsor have as their houseguests all members of their family, including Mr. and Mrs. Layton (Irene Windsor) of San Jose, Calif., Miss Doris Windsor, student of Oregon State college and their son, Vernon Windsor.

Pence Picnic Ground Is Opened for Season

RICKREALL—The F. E. Pence picnic grounds were opened Sunday for members of the Rickreall grange to picnic all summer and pot luck dinners will be served at 1 o'clock every Sunday.

SAFEWAY Homemakers' Guide

NUMBER 46 ★ How you can win \$1000 ★ About vegetables and how to cook them ★ Some things you may not know about Dairy Products ★ How one wife made one husband happy



Eight Secrets you may not know — and should .. about vegetables

There's nothing elaborate or fanciful about the modern methods of preparing and cooking vegetables. On the contrary, the new way is much simpler—(as you'll discover when you read these hints that come from the Safeway Homemakers' Bureau).

These eight suggestions will help keep all the color and flavor and garden freshness in your vegetables—and, at the same time, will help them retain all their health-building vitamins and minerals.

1. To start, always buy the freshest, finest vegetables available. The older they are, the less attractive they become, and they lose some of their vitamins, too. Buy and use greens the same day, if possible.

2. When you get your vegetables home, wash them quickly—but don't let them soak in water, or you'll wash away minerals and vitamins. Put greens in a covered container, wrap other vegetables closely in waxed paper, and store in the refrigerator until ready to use.

3. Don't pare, cut or shell fresh vegetables until just time to cook or serve, because vitamins escape once cut surfaces are exposed to air.

4. Colors—red, green, yellow and white; and flavors—mild, strong—determine just how vegetables are to be cooked. But, to retain nutritive qualities and appetite appeal in all vegetables, here's a good general rule: *Cook quickly, as short a time as possible, using as little water as possible, and using cooking water when it is palatable.* Quick cooking means less vitamin loss, less color change. To speed the cooking, add vegetables to rapidly boiling water; and whenever possible, cook covered.

5. Green vegetables (to keep their color) and *strong flavored* vegetables (to modify their flavor) should be cooked uncovered, in slightly more water than other vegetables.

6. Add a little vinegar, lemon juice, or tart apple to keep the color in red vegetables (like beets and red cabbage) during or after cooking. But don't add these acids to green vegetables until just serving time, or the green will turn dingy brown. Don't add soda to preserve color in green vegetables, either, for soda kills vitamins.

7. Once vegetables are tender, serve them as soon as possible, to get full benefit in goodness as well as nutrition. Overcooking lessens attractiveness, sacrifices vitamins and minerals, and may cause unpleasant color changes.

8. When you cook vegetables in a small amount of water, it's easy to serve the condensed cooking water with the vegetable itself. Save any leftover liquid to flavor soups and gravies—unless, of course, it is unpalatable.

More about cooking vegetables
In this week's issue of Family Circle Magazine is an interesting article on the modern methods of vegetable cookery, and on nutrition in vegetables. Issued every Thursday, free at Safeway.

Safeway Homemakers' Bureau
JULIA LEE WRIGHT, Director

WIN \$1000

OR ONE OF 345 OTHER CASH PRIZES BY FINISHING THIS SENTENCE

(in 25 words or less)

"Nu Made Mayonnaise tastes Home-Made because . . ."

Think What You Can Do With \$1000!
Think of the thousand things it can help buy—the new home you've had your eye on—the trip you've planned for years—so many other grand things. Or it will buy a \$1000 War Bond (8750) and leave you enough for a wonderful vacation this summer. And don't forget there are 345 other cash prizes to win too.

Look How Easy It Is! All you have to do is get an entry blank at your neighborhood Safeway—finish the line "Nu Made Mayonnaise tastes home-made because . . ." in 25 words or less—attach it to a Nu Made Mayonnaise label (or a reasonable facsimile) and mail it to the address on the blank before midnight July 5, 1942.

GET YOUR ENTRY BLANK TODAY AT YOUR NEIGHBORHOOD SAFEWAY

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| Nu Made Mayonnaise | Pint 25c | Quart 45c |
| KRAFT MAYONNAISE | Pint 31c | Quart 53c |
| Kraft Miracle Whip | Pint 26c | Quart 41c |
| Duchess Salad Dressing | Pint 21c | Quart 33c |
| Nalley's Tang | Quart Jar 38c | |
| Keen Shortening | 1-lb. pkg. 17c | 4-lb. pkg. 65c |
| Pure Lard | 1-lb. pkg. 18c | 4-lb. carton 67c |
| Julia Lee Wright's Dated Bread | 1½-lb. and 1b. loaves | |
| Nob Hill Coffee | 1-lb. bag 23c | 2 lb. bag 45c |
| Airway Coffee | 1-lb. bag 20c | 3 lb. bag 58c |

GUARANTEED-FRESH PRODUCE

Safeway produce is selected by experts. It's shipped direct to Safeway. If it fails to satisfy you completely, we'll refund all your money.

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|--------------------|-------------------------------|----------------------|
| Strawberries | Red Ripe, Delicious | LOWEST MARKET PRICES |
| ORANGES | Sweet, Juice-Filled Valencias | Lb. 6c |
| Grapefruit | Lb. 5c | New Potatoes, lb. 4c |
| Cucumbers | Local, Hot House, Fancy | Lb. 12c |
| Celery | Fancy, Utah Type | Lb. 11c |
| Onions | U. S. No. 1 White Shalters | Lb. 6½c |
| Tomatoes - Lettuce | Sweet, White Wax | Top Quality, Local |

SAFEWAY GUARANTEED MEATS

Unless you're completely satisfied with any cut of meat you buy at Safeway—we'll refund all your money without quibble or fuss.

Boiling Beef	Flavorsome, Beefy —for Stews, Soups	Lb. 15c
Beef Roast	Economical Blade Cuts, Try One for Sunday's Dinner	Lb. 28c
SIRLOIN STEAK	Tender—We Guarantee It!	Lb. 37c
Veal Shoulder	Roast	Lb. 28c
Bacon	Sweet-Eating Meat	Lb. 29c
Steak	For a Quick Main Course	Lb. 33c
Pork Steak	Easy to Fix—Grand to Eat	Lb. 33c

Produce and Meat Prices Effective Friday and Saturday Only

- HOUSEHOLD NEEDS**
- | | | |
|-----------------------------------|-----------------------------------|----------------------------|
| SUPRE SOAP | Granulated | 24-oz. pkg. 19c |
| RINSO | Granulated | 24-oz. pkg. 23c |
| FALMOLIVE TOILET SOAP | Lux, Lifebuoy, Camay, Sierra Pine | 2 bars 13c |
| SWEETHEART SOAP | Special 4-bar offer | 20c |
| SUNBRITE CLEANSER | Household favorite, 2 tall cans | 9c |
| JOHNSON'S GLO-COAT | Liquid wax, Quart can | 98c |
| WHITE MAGIC BLEACH | For white washes, ½ gal. | 17c |
| PUREX BLEACH | Gentle bleach, ½ gallon | 21c |
| FRISKIES DOG FOOD | 2-lb. pkg. 23c, 4½-lb. pkg. | 49c |
| KERR Mason Fruit Jars | Wide mouth, Qts., doz. | \$1.03 |
| JELLY GLASSES | Squat or tall, ½ pint, doz. | 43c |
| KERR JAR CAPS | Complete, wide mouth, doz. | 33c |
| BAKING POWDER | Clabber Girl | 2-lb. 20c |
| FLOUR | Harvest Blossom | 24½-lb. 79c, 49-lb. \$1.49 |
| PANCAKE FLOUR | Harvest Blossom, No. 10 bag | 43c |
| PANCAKE FLOUR | Sperry | 28-oz. pkg. 17c |
| MOTHER'S OATS | Cup & Saucer | Large 33c |
| CRACKERS | New Leader | 2-lb. pkg. 18c |
| HI-HO CRACKERS | Sunshine | Large pkg. 19c |
| BLUE ROSE RICE | 5-lb. pkg. | 39c |
| MACARONI, Spaghetti | Kraft | 3-lb. pkg. 17c |
| CHEESE | Battleground | 2 lb. 57c |
| EGGS | Grade 'A' (cartoned), Doz. | 33c |
| BUTTER | Grade 'A' quality, 1-lb. | 42c |
| SOIL-OFF, Instant Cleaner | Qt. can 60c | |
| Sure-Jell, fruit pectin | 3-pkg. deal 25c | |
| Rollad Wheat, Triangle, lge. pkg. | 20c | |
| Maito Meal, regular package | | 23c |

Buy War Stamps with what you save on these PENNY SAVERS

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|-------------------|---------------------------|----------------|
| MILK | 3 tall cans | 25c |
| Carnation | 3 tall cans | 25c |
| CHEER MILK | 3 tall cans | 24c |
| TEA BAGS | 25's | 19c |
| Canterbury | 25's | 19c |
| BROWN DEBBY BEER | Quart bottle | 55c |
| CANADA DRY | Ginger Ale, 6—7-oz. bots. | 25c |
| TOMATO JUICE | Sunny Dawn, 46-oz. can | 17c |
| GRAPEFRUIT JUICE | Town House, 46-oz. | 18c |
| GRAPEFRUIT | Dr. Phillips, No. 2 can | 14c |
| PEACHES—Blue Tag | Freestone | 18c |
| PEACHES | Libby Cling, No. 2½ can | 19c |
| PEACHES | Castle Crest, No. 2½ can | 19c |
| CHOCOLATE SYRUP | Hershey, 16-oz. cans | 9c |
| MARSHMALLOWS | Fluffiest | Lb. ctn. 14c |
| CHOCOLATE DROPS | 1-lb. cello. bag | 14c |
| SYRUP | Sleepy Hollow, 58-oz. tin | 63c |
| PEANUT BUTTER | Beverly | Lb. jar 21c |
| TOMATO SOUP | Campbell | 8 cans 15c |
| SOUP MIX | Minute Man | 2 pkgs. 15c |
| DRY BEETS | Blue Tag, No. 2 can | 3 for 25c |
| CORN | Del Monte, 2 cans | 25c |
| SPINACH | Emerald Bay, No. 2½ can | 15c |
| CORNED BEEF | Cap's | 12-oz. can 21c |
| TANG | Cody's Pork, 18-oz. can | 29c |
| Raisins, Seedless | 4-lb. pkg. | 27c |
| Jello | 2 pkgs. | 13c |

Speaking of dairy products you ought to read this

Whole milk is one of our most complete natural foods. It contains, in varying amounts, all the food elements we need. It's an excellent source of protein; the minerals, calcium and phosphorus; riboflavin and niacin (B vitamins). And it's a fair source of Thiamin (Vitamin B) and has some Vitamin A and D.

Cheese, made from whole milk, such as American or Cheddar, is essentially the same as whole milk, nutritionally.

Butter and Cream are most important, nutritionally, for the Vitamin A they contribute. As well as Vitamin D and protein or fat.

Drink your milk, eat it as cheese, or get it in cooked foods—just be sure to get it. Adults need one pint daily and children one quart.

Disguise milk in cream soups, if you don't like to drink it. Or in scalded dishes, cream pies, custards, milk shakes and ice cream.

Cheese adds flavor and nutrients to many things besides sandwiches. Use it in scalded dishes, in sauce for vegetables, entrees; sprinkle it grated over soup; serve slabs with pie or crackers for dessert.

Dairy products at Safeway are all top quality. And not only are they brimming with nutrition, they are always low priced—every day. Guaranteed to please you completely or all your money back.

Tony Traeger Heads Legion

MT. ANGEL—Both the local Legion and auxiliary held election of officers at the meetings in the Memorial hall Tuesday night, June 2.

Heading the Legion for the coming year will be Tony Traeger as commander; Fred Prosser as first vice commander; Fred Lucht, second vice commander; Lawrence Rotherfluch, adjutant; J. S. L. Faulhaber, finance officer; Clifford Norton, sergeant-at-arms; Peter O'Gres, chaplain; Cletus Bursch, Earl Birtchett, and David St. John will comprise the executive committee.

Elected as new officers of the auxiliary are: Mrs. Frank Walker, president; Mrs. Clifford Norton, first vice-president; Mrs. Tony Traeger, second vice-president; Mrs. Violet Sibley, secretary; Mrs. Tony Miller, treasurer; Mrs. Mildred Corcoran, chaplain; Mrs. Fred Prosser, Mrs. Cletus Bursch and Mrs. Fred Lucht, executive committee. Installation of officers for both organizations will take place July 7.

The post will send Dr. E. J. Corcoran, Fred Lucht and Cletus Bursch to the state convention to be held at Portland July 24 and 25.

Unit delegates will be Mrs. Frank Walker and Mrs. Violet Sibley with Miss Elizabeth Unger and Mrs. Clifford Norton chosen as alternates.

The auxiliary reported all 750 memorial poppies were sold and that his food sale on May 29 was likewise very successful.

Two bundles of old clothing for rugmaking were sent to the Veterans hospital at Roseburg and quite a number of decks of cards collected for the men in service. The drive is still on and any cards, old or new will be welcomed.

The post reported it and another local organization would copponsor a drum and bugle corps for the boy scouts. It was also announced that the post had now been incorporated.

Memorial services in Calvary

Convict, Jap Labor Vetoed

PORTLAND, Ore., June 4.—(P)—Proposed use of convict and Japanese labor in the northwest logging camps would not solve the labor shortage problem, Carl Winn, vice-president of the International Woodworkers of America (CIO), said Thursday.

He wrote Bryce Little, Seattle, Washington state democratic chairman, who earlier made the suggestion, that Japanese lack aptitudes for woods work, that inexperienced groups would endanger the lives of fellow-workers and that risks of sabotage would be high.

Finger Printing Is Scheduled

SILVERTON — Fingerprinting still continues at the Silverton defense office, but will be carried on only on Tuesday and Thursday nights next week. For the remainder of this week printing will be done each night from 7 to 9 o'clock.

Several hundred defense workers have been fingerprinted locally but there are still a few who have been unable to come on the designated nights. These should make an effort to come as soon as possible and are urged to remember which nights fingerprinting will now be carried on.

Money Contributed for New Observation Post

SPRING VALLEY—The newly erected observation post built on the hills above Spring Valley is also to be used as a fire lookout station this summer.

The response for funds to finance the post has been good, the sum of \$72 having been raised through donations and benefits.

Wickard Down on the Farm



—I. L. N. Phonograph
Secretary of Agriculture Claude R. Wickard is pictured working in the fields on his farm near Delphi, Ind., during a respite from his official duties in Washington.

WIFE GETS SMART, MAKES HUSBAND HAPPY

I DON'T LIKE TO KICK, JOAN, BUT THIS STEAK LIKE SHINE LEATHER. WHAT'S THE MATTER—BUDGET TROUBLES?

I'LL SAY! TOMORROW I'M GOING TO START LOOKING FOR A NEW BUTCHER. I CAN'T DO WORSE THAN THIS.

THIS SHOPPING WEARS ME OUT! PLEASING A HUSBAND AND KEEPING A BUDGET BALANCED IS YOUR JOB! AND GETTING GOOD MEAT, WELL.

WHY, DARLING, THAT'S NOT SUCH A PROBLEM. LET ME SHOW YOU.

JOE, I'VE GOT A NEW CUSTOMER FOR YOU. TELL MRS. KENNEDY WHAT YOU TOLD ME ABOUT SAFEWAY MEAT.

WELL, MA'AM, SAFEWAY BUYS ONLY TOP QUALITY MEAT. WE GUARANTEE IT WILL BE TENDER AND JUICY EVERY TIME, OR ALL YOUR MONEY BACK. AND BECAUSE SAFEWAY CUTS OUT NEEDLESS IN-BETWEEN COSTS, WE SELL MEAT AT MONEY-SAVING PRICES.

BUT IT WASN'T EXPENSIVE. THAT'S THE MARVELOUS THING ABOUT BUYING MEAT AT SAFEWAY. BESIDES SAVING THE MONEY, SAFEWAY GUARANTEES EVERY CUT GOOD-EATING AND TENDER—OR MY MONEY BACK.

BOY, THIS STEAK IS WONDERFUL! NO MATTER HOW MUCH YOU PAID FOR IT, IT WAS WORTH IT!

You can please your husband, too

Buy Safeway guaranteed meat regularly. You will have good eating meat every time and savings in your purse, too. The Safeway market man means what he says, "All your money back if you are not entirely satisfied."

SAFEWAY
Prices Effective Friday to Thursday, P. M. June 5 to 11th, Inclusive