

'Vitamins for Victory' Slogan for Salad Time—Version of 1942

Just How Do You Curtsy? Two Made Dips Too Deep

By RUTH COWAN

WASHINGTON—(AP)—To curtsy or not to curtsy to royalty—and if so, how deep is it safe to dip?

With two kings just here and Queen Wilhelmina of Holland expected, those questions are sending shivers up and down social Washington's feminine spines today in view of the experience of the prominent New York socialite who made a crash-landing at King Peter's reception Saturday night.

Art Work Films Are Shown

The public is invited to attend a showing of sixty colored slides, photographed from the original paintings of children who took work at the art center Thursday night at the Salem art and recreation center at 8 o'clock.

W. E. Keithley, who took the slides will show in addition some pictures of Oregon scenes. Mrs. Mae Gingrich, who has charge of the children's painting department at the Art Center will give a short talk on an exhibit of children's paintings from the vacation bible school at the Presbyterian church. The art work at the Bible school was under the supervision of Mrs. Gingrich. First, second and third prizes will be awarded at this time for the best paintings done by pupils at the school.

The affair tonight will be the second showing of reproductions of the children's pictures at the art center, the first one being in the nature of a preview for parents and children. The program will start at 8 o'clock. The Salem art and recreation center is located in Pringle Creek park at 615 South Winter street.

RICKREALL—Mr. and Mrs. George Van Santen entertained Saturday at their home. Three tables of "500" were in play. Those present were Mr. and Mrs. Arthur Sawyer, Mrs. Mary Burch, Mr. and Mrs. Ora Lantz, Mr. and Mrs. F. E. Pence, Mr. and Mrs. L. C. Miller, Mr. and Mrs. D. W. Shelton, Mrs. W. W. Rowell.

TURNER—A shower was given in honor of Mrs. Murry Croshaw, by Mrs. Gilbert Croshaw at the home of Mrs. Mellis of Turner.

Refreshments were served by the hostesses, Mrs. G. Croshaw and Mrs. Mellis.

RICKEY—Mrs. Hazel Magee has returned from a visit with her uncle and aunt Mr. and Mrs. A. P. Van Cleave of Portland.

Stew Appears In Summer

This may not be a dish for typical summer weather, but it works wonders on hungry diners, of a coolish Oregon July evening. Choose your day, then make:

LAMB STEW WITH BRAN DUMPLINGS

- (Whole Meal in One Dish)
- 2½ pounds lamb
- 1¼ cups diced carrots
- 1¼ cups diced turnips
- 1¼ cups sliced onions
- 1 quart diced potatoes
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ cup flour
- ¼ cup water
- 1 recipe bran dumplings

Cut meat into 1½ inch cubes. Cover with boiling water and simmer about 2 hours. One hour before serving add vegetables, salt and pepper. Make a paste of flour and water and thicken. Top with bran dumplings. 6 servings.

BRAN DUMPLINGS

- 1½ cups flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- 1 egg
- 1 tablespoon melted shortening
- ¼ cup bran cereal
- ¼ cup milk

Sift flour, salt and baking powder together. Beat egg until light; add melted and cooled shortening, bran cereal and milk. Add liquid mixture to sifted dry ingredients and stir only until flour disappears. Drop batter by heaping teaspoons on top of hot meat stew; cover tightly and let simmer for 20 minutes without removing cover.

Today's Menu

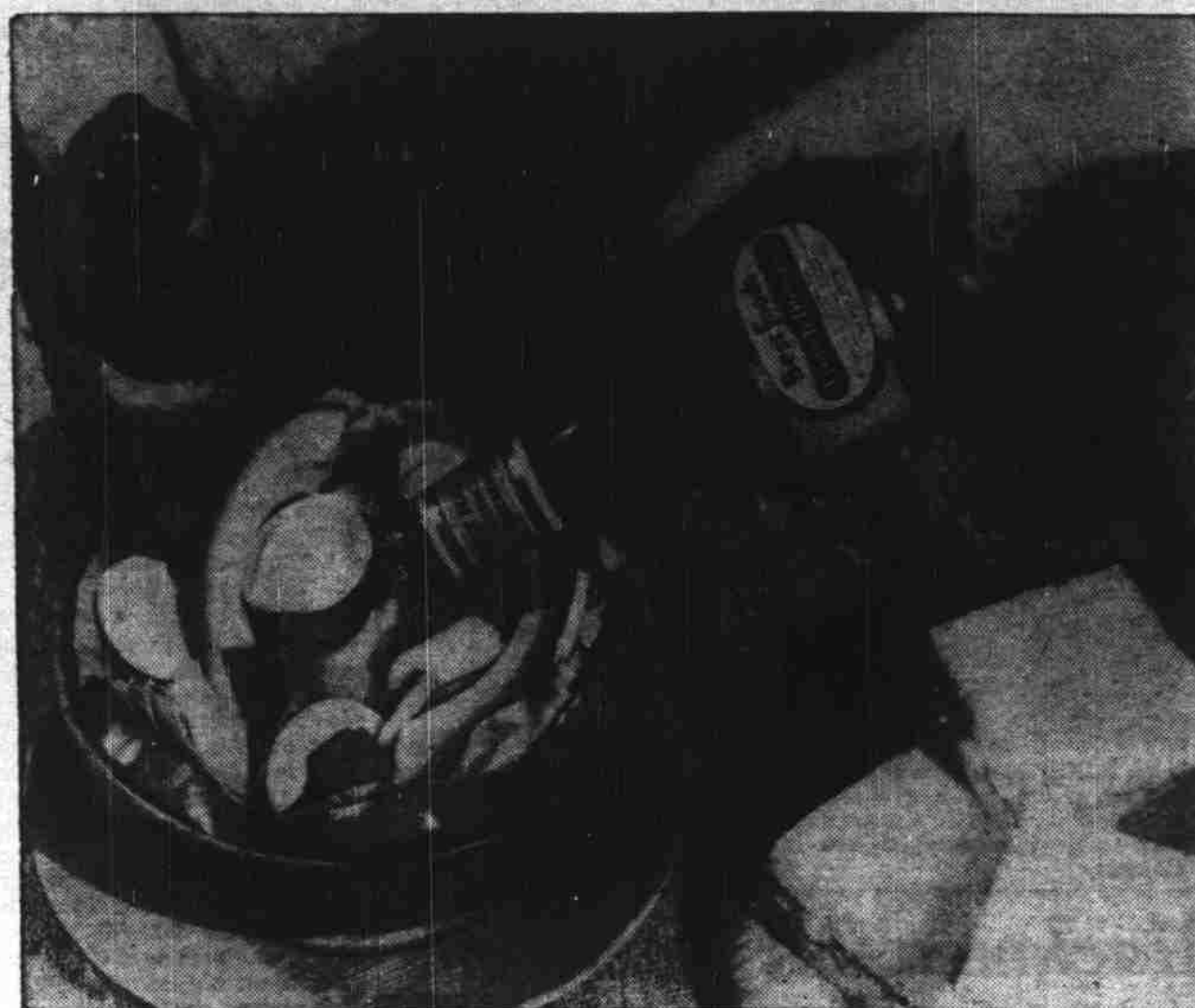
Muffins are the big attraction on today's menu. Summer greens salad, Swiss steak, Buttered peas, Corn muffins, Chocolate icebox pie.

CORN MUFFINS

- 1 cup flour
- 1 cup cornmeal
- 1 teaspoon soda
- ¼ teaspoon salt
- 3 tablespoons sugar
- 1 egg, beaten
- 1 cup sour milk or buttermilk
- 3 tablespoons fat, melted

Mix, half-fill greased muffin pans and bake 20 minutes in moderate oven. Serve hot or cold.

Best Foods French Dressing Completes Salads



Springtime and salads are synonymous. The crisp greens, fresh from early gardens, and many delightful combinations introduce appetizing, healthful and nutritious foods into daily meals. In food energy values calavos are especially high. In fact this fruit was among the first ten salad foods for the count of vitamins A, B-1, C and G as well as for phosphorus and iron. Calavos mixed with cottage cheese, crisp greens and tomatoes, citrus fruits or any others of the many fruits and vegetables can therefore be chosen among the finest of salad varieties. The firmness of Best Foods French Dressing is perfect with calavo salads as it is with many other vegetable or vegetable-fruit combinations. Here is a recipe to add to the home-maker's file of spring salads: Line salad bowl with lettuce or salad greens and tomato slices cut in halves; lettuce or salad greens, 3 large tomatoes, Arrange avocado sections, eggs, ham and celery in salad bowl; 3 small calavos, peeled, sectioned lengthwise, 2 cups cooked ham diced, 3 hard-boiled eggs, sliced, ½ cup celery, sliced, Best Foods French Dressing. Serve with Best Foods French Dressing. Serves 6.

Tire Certificate Refused Only One

SILVERTON—Only one tire application was refused by the Silvertown ration board last week, according to Walter Geren, executive secretary of the board.

Certificates were issued to farmers including A. Glesenaar, one obsolete tire; Raymond Fessler, one truck recap, one passenger recap; P. Scymanski, one truck tire, two truck tubes; James Cunningham, one passenger recap; Joe Obersinner, two truck tires, two tubes; H. J. Wellman, one truck recap; one tube; E. Kellerhals, two passenger recaps; M. A. Beyer, two new truck tires, one truck recap; O. G. Moser, two passenger recaps. Certificates were also issued to William Criges, fuel dealer, two truck tires and one tube; J. A. Moxley, fuel dealer, one truck recap; W. B. Robbins, logger, two passenger recaps.

Former Resident Visits in Amity

AMITY—Mr. and Mrs. Cecil Matson and children of Portland visited recently at the home of Mrs. Margaret Morrison. Matson lived in this community 25 years ago and attended the Amity grade school.

Berry Harvest Proves Profitable to Family

TURNER, Route 1—Mrs. C. E. Collier and children are camped for their second week of strawberry harvest in the Silver Creek yards, and find the work profitable.

Visits Mill City

AUMSVILLE—Mrs. Ollie Snyder spent Sunday at the home of her daughter, Mrs. Walter Frank in Mill City.

Red Cross Benefit To Be Held Friday

RICKEALL—The Red Cross first aid members of the Rickreall community is staging a benefit Friday night. The entertainment is to be in form of a cabaret, and the program will be by local talent.

Home From California

AUMSVILLE—Viola Bradley returned Monday from an extended visit in California.

Home From Hospital

AUMSVILLE—Roy Wilcox returned from a Salem hospital Sunday and is recuperating at his home here.

Gas Protection

By DR. WARD L. MOULD
Medical Gas Officer
US Office of Civilian Defense

(This is the last of a series of six articles about war gases, their characteristics, and measures the civilian can take to protect himself against gas injury.)

VI—THE ANTI-GAS ORGANIZATION IN YOUR CITY

The anti-gas organization in your city is divided into two parts. In association with casualty stations and hospitals of civilian defense emergency medical services, facilities are being developed to remove all traces of "persistent" gases from injured people. This is necessary to prevent the gas being carried into hospitals. The average person can "decontaminate" himself, as described in a previous article. Special hospital and decontamination facilities should be reserved for those who have other injuries as well. Personnel needed to man these stations are now being trained.

The "persistent" gases may remain in an area for days or weeks. To meet this danger, decontamination squads have been organized in Departments of Public Works. These squads are equipped with street flushing machines, brooms and special spraying apparatus. They are furnished with special chemicals which can be used to destroy the "contaminating" gases. The senior gas officer in your community will be responsible for identification of war gases, marking off the gassed areas, for technical advice on the work of decontamination squads, and the handling of food, water or clothing which may have been contaminated. He must have trained assistants for these tasks.

Remember in case of gas attack... Keep calm. Keep cool. Walk—do not run to shelter. Keep this series of articles where you can find them.

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OUT OF THE WOODS

By JIM STEVENS

Paul Bunyan, I've heard somewhere, was able to juggle logs—in his prime he could keep seven fir butts tossing in the air at one time. But Paul was puny, compared to the forest economists of our day, who can sit at a desk and juggle hundreds of billions of board feet and hundreds of millions of timberland acres without raising a bead of sweat.

What is more wonderful, this tremendous timber juggling is done by remote control, in offices far, far from the woods. It's truly big stuff. It uses up carloads of paper and tanks of ink every week. The figuring is done by electric power, and at a rate so furious that hardly a day goes by but what a fire alarm is rung because of an adding machine hot-box.

The accident rate is high. Once a forest economist piled up so much paperwork that when the pile caved in on him it took a crew of miners 74 hours to dig him out.

Anyway, that's what I've heard. It's not too unlikely, when you remember that, for the whole country, the paperwork foresters have over 600 million acres of forest, 1700 billion board feet of standing timber, and similar Bunyan figures on second growth, forest fires, forest products production, and on many other items, to juggle with.

They've figured it out that 13,507,118 and ½ persons live, directly or indirectly, wholly or in part, off the forests. The ½ person is a forest economist who was run by mistake into a super mimeographing machine—and lost his

legs before it could be thrown into reverse.

Probably you've heard that when Paul Bunyan invented logging he used to make rough drawings of items he wanted freighted up from headquarters—Paul couldn't write words. Once he ordered a new grindstone that way. But it was a cheese that was brought back to camp. Paul had forgotten to draw a shaft-hole in the center of the circle, and the headquarters clerk couldn't figure the drawing out as meaning anything but cheese. A blizzard closed the camp road. Paul's choppers had to roll boulders down a hill all winter, and run beside them to grind an edge on their axes.

The next spring Paul Bunyan got him a lifetime grindstone—it was so big it only made one revolution between paydays—but in Paul Bunyan's outfit there was a payday every seven minutes.

And that was when Paul hired Johnny Inkslinger to write proper words and figures for him. There has never been another forest economist like Johnny—he used a barrel of ink every time he doctored an "L."

Would Johnny have fun nowadays, back in Washington? Boy!

A gyppo logger in our times has to keep legal and bookkeeping talent on tap to do the work that he used to handle on his hip, with time and tally books. Even a whistler has forms to fill out. And he "ain't seen nothin'" yet. The forest economists, the paperwork foresters, have laws on deck which, if passed, will probably boost big-timber paperwork a

good 25 per cent. If this goes on, in time there'll have to be an adding machine on every stump ranch.

But maybe it won't go on. They've got a real fighting admiral running the navy now. He found his outfit swamped in paperwork. What he did about it was to order exactly one-half of all the typewriters, mimeographing machines, and the like, on the navy's ships, to be put ashore. This hasn't seemed to hurt the navy any in Midway waters and the Coral Sea.

Maybe, by some miracle, a real timber forester, with plenty of bark on him, will get to be bull of the woods over the forest economists. And maybe he will swing his axe, a la Admiral King, and slash the red tape out of the woods. Maybe.

Farmers Happy With Weather

TURNER, Route 1—Farmers welcome the change to real summer weather for hay harvest and for growing crops.

Mrs. Fred Kester of Gresham is visiting Mrs. D. R. Standley.

Billy Bear is home after spending three weeks at the home of his aunt Mrs. R. E. Stewart in Dayton.

Norval Marvell, an employee at the state tuberculosis hospital, visited his brother A. L. Marvell, last week.

Ronald Givens has returned to the home of his grandparents after visiting his parents Mr. and Mrs. Albert Given, Portland.

It's SALAD TIME In SALEM

Join Uncle Sam's Nutrition Program... serve your family more fruits and vegetables! Your grocer is featuring salad specials now... with delicious BEST FOODS REAL MAYONNAISE

1 TRY THIS NEW TOMATO SALAD.
Easy to make... exciting to eat... and highly nutritious!

RECIPE: TOMATO "TREASURE-BASKET" SALAD. Slice off stem ends of 8 tomatoes. Remove seeds and invert to drain. Mix ½ lb. cottage cheese with 4 tablespoons Best Foods Real Mayonnaise, ½ teaspoon grated onion, and ¼ teaspoon each salt and pepper. Fill tomatoes and replace end, sliced. Arrange filled tomatoes, together with onion rings and green and red pepper rings, on lettuce as illustrated. Serve with Best Foods Real Mayonnaise for zesty, rich flavor.

2 OR THIS FRUIT SALAD FOR PEBBLES. It's the smart, new thing—and delicious! Here's a dandy!

RECIPE: "GOLDEN GATE" FRUIT SALAD. On a bed of lettuce arrange strawberries, avocado balls, seeded grape halves, pear halves and orange slices, as illustrated. Serve with one cup Best Foods Real Mayonnaise to which grated orange rind has been added. The creamy-fragrant richness of Best Foods Real Mayonnaise blends luxuriously with the fruit flavors to make this a superb "company" dessert. A grand idea when you entertain the Bridge Club, too!

REMEMBER—
BEST FOOD'S REAL MAYONNAISE ADDS REAL FLAVOR TO YOUR SALADS!

IT'S THE HOME KIND, made with just eggs, added egg yolks, choice salad oil, vinegar and spices. No starchy filler.

IT'S REALLY FRESH! It is made with our own "FRESH-PRESS" Salad Oil, which we ourselves prepare fresh each day, as it is needed.

LOOK FOR GRAND SALAD IDEAS AT YOUR GROCER'S NOW!

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| LUX TOILET SOAP 2 for 13c | LIFEBUOY 2 for 13c |
| 5 HOUSEHOLD FAVORITES | SPRY 3-lb. Can 70c ALL-VEGETABLE SHORTENING |
| WATERMELONS . . . lb. 4c | EGGS Large Grade A 35c doz. |
| ICE CREAM 29c qt. | CANTALOUPEs, dandies . 2 for 25c |
| MACARONI or SPAGHETTI 3 lbs. 15c | New Nucoa 2 lbs. 49c |
| Ritz Crackers, lg. size . . 21c | BAKING POWDER Calumet 2½ lbs. 39c |
| Jel-Kwick Pectin 2 bottles 25c | Kitchen Queen FLOUR 49 lbs. 1.79 |
| FRYERS 3 and 4 lbs. each . . . lb. 25c DRESSED | Kindness Sliced Side BACON 19c lb. |
| BULK Shortening 2 lbs. 29c | FRESH PACIFIC OYSTERS 25c pl. |

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