## Salem Girl Wedded in Corvallis

At the home of her parents near Corvallis Tuesday night, Miss Mary Lamb became the bride of Mr. Lawrence Weldon at a wedding read by Rev. E. J. Clark on Tuesday night. The bride is the daughter of Mr. and Mrs. F. M. Lamb, and Sgt. Weldon is the son of Mr. M. W. Weldon of Glen Cove, Oklahoma.

Mr. and Mrs. J. F. Taylor played an instrumental duet before the ceremony and a cousin of the bride, Miss Phyllis McCormack sang.

The wedding ceremony took place before the fireplace which was banked with ferns and daffodils and lighted by tapers. The bride wore a blue dressmaker suit with while accessories and a corsage of pink rosebuds and sweet peas.

Miss Bernice Kretz, wearing a dusty rose dress and a corsage of mixed sweet peas, was maid of honor. Mr. Taylor attended the room.

Only close friends and relatives attended the rites. Mrs. Marion Curry, Mrs. Russell F. Kretz and Miss Bernice Kretz from Salem were in attendance. After the ceremony, Sgt. and Mrs. E. Weldon left for a trip to

Glen Cove, Oklahoma. Mrs. Weldon has been employed at the California Packing company for several years and during that time has made her home with Mr. and Mrs. Marion Curry. While Weldon is stationed at Camp Adair, the couple will live in Salem.

#### Card Party at Lacey's

On Friday night, members of the Book and Thimble club sponsored a card party at the home of Mr. and Mrs. Ray Lacey on Kingwood Drive. The following members and friends of the club were in attendance: Mr. and Mrs. Rollin Beaver, Mr. and Mrs. James Smart, Mr. and Mrs. Charles Adams, Mrs. H. Holte. Mr. and Mrs. Ross Damrell, Mr. and Mrs. Fred Kubin, Mr. and Mrs. Charles Schwartz and son Dell, Mr. and Mrs. Ammon Grici, Mr. and Mrs. Gilbert Dillon, Mr. and Mrs. Conrad Fox, Mr. and Mrs. Paul Wishart, Miss Fern forgan and Mr. and Mrs. Lacey. \ junior table was made up of Sarbara and Gerald Dillon and leverley and Glenda Fox.

Delta Phi Mothers will meet the Chapter House on Monday fternoon at 2 o'clock. Mrs. J. S. echrist will preside. Mrs. Frank ilburn and Mrs. J. E. Lucas, Irs. L. M. Case will act as hosesses. The program will include original piano numbers played by Louise Wrisley.

### Pattern



Here's your favorite buttonfront style-in a tailored version that's right for home, for office, for war duty. Anne Adams has designed Pattern 4329 for perfect fit, with insets at either sidewaist. The collar is nicely shaped; yokes hold softness through the bodice.

Pattern 4329 is available in misses' and women's sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38, 40. Size 16 requires 4 yards 35-inch.

d SIXTEEN CENTS in coins for



SOCIETY MUSIC The HOME

## Older Girls Confer Today

Salem will be well represented at the Older Girls' conference, being held in Oregon City, beginning today and continuing through Sunday. This is the 13th such conference to attract high school and college girls of the

Mrs. Martha Ferguson Mc-Kown, a graduate of Willamette university and a former dean of women at Multnomah college in Portland, is director of the conference and her assistant is Miss Muriel White, daughter of Mr. and Mrs. Gilbert White of Salem, a former Willamette student and now dean of girls at

West Lynn high school. Miss Eleanor Todd, a student at Willamette is vice president of the Oregon Older Girls and Miss Frances Kells also a Willamette student, daughter of Mr. and Mrs. C. A. Kells, will be one of the panel leaders during the conference.

Mrs. George Rhoten, a former president of the Oregon conference, is on the advisory board and will attend the conference.

Girls wishing to attend the meetings may register at headquarters in the Presbyterian church in Oregon City, where they will be assigned to rooms in homes during the conference. Mrs. Rhoten will answer in-

# DAR Meets at

A meeting of Chemeketa chapter. Daughters of the American Revolution, has been planned for the home of Mrs. Roy H. Mills.

1474 Court street on Saturday. Hostesses will be Mrs. Mills, Mrs. Lewis Griffith, Mrs. Rex Davis, Mrs. J. R. Pollock, Mrs. U. G. Boyer, Mrs. M. O. Adams and Mrs. C. L. Crider of Dallas.

The Tri-County Dental assistants met the first Monday in March in Dr. Woodmansee's office with Erna Ahrens in charge of the meeting. Those present at this meeting were: Zora Rice, Velna Alexander, Olga Hinges, Publicity manager Erna Ahrens, and Nancy Smith, Colleen Williams, and Marilyn Williams from Salem, and Beatrice Groom and Mrs. Mulholland from McMinn-

ville. TURNER-Mrs. Juanita Moulett and Mrs. Nora Robertson were hostesses on Tuesday afternoon with a shower in compliment to Mrs. Albert Robertson, held at the Robertson home in Turner. Guessing games were participated in by the guests. with prizes awarded Mrs. Nema Poitras and Mrs. Lawrence Robertson. Following the presentation of gifts, the hostesses served refreshments to Mrs. Albert Robertson and Edward, Mrs. Leo Klokstad, Mrs. Martha Barnett, Mrs. J. E. Whitehead, sr., Mrs. H. O. Webb, Mrs. Lulu Chapman, Mrs. Alice Wipper, Mrs. Lawrence Robertson, Mrs. Nema Poitras of Turner, Mrs. Dorothy Bell, Mrs. Beulah Curtiss, Mrs. Alberta Camp, Mrs. Frank Caspell, Mrs. John Fetsch and daughter, all of Salem.

SWEGLE - Mrs. Walter Biggerstaff was hostess to the members of Swegle Women's club at her home on Garden road Tuesday. Mrs. Menno Dalke assisted Mrs. Biggerstaff in serving a dessert luncheon. At the business meeting the first plans were made to entertain mothers of the community who have sons in the service. Members present were: Mrs. William Hensell, Mrs. Charles Battorff, Mrs. Joseph Brennan, Mrs. Ralph Becker, Mrs. John Swanson, Mrs. Eskel Brandt, Mrs. Enoch Welty. Mrs. Carl Runner, Mrs. Dillion Jones, Mrs. Marion West, Mrs. J. P. Thrasher, Mrs. William Benner, Mrs. Homer Conklin. Mrs. T. Q. Bulla, Mrs. Walter Swingle, Mrs. William Hartley, Mrs. Dalke and Mrs. Biggerstaff.

#### CLUB CALENDAR

FRIDAY Unitarian Woman's alliance, with Mrs. Roy H. Wassam, 1045 North Capitol street, 2:30 p. m, Woman's Relief corps at YMCA,

MONDAY Salem Deaconess hospital auxiliary, 1:30 p. m.

TUESDAY St Paul's Junior guild, 1 p.m. luncheon, parish house, Alpha Phi Alpha mothers club,

#### Wedding Is **Quiet Event**

Miss Cleonna Naderman. daughter of Mr. and Mrs. George V. Naderman and Mr. R. L. Applegate, son of Mrs. Gladys M. Applegate, were married at a quiet ceremony, Monday night, March 1, in Salem.

Dr. J. C. Harrison of the First Methodist church officiated. The young couple will make their home in Salem.

#### Today's Menu

Friday fish, and it's a fine time of year to include it on the family menus. Lettuce chunk salad

> Broiled halibut or salmon Baked potatoes Tartar sauce Corn creole

Baked apple pudding

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#### CORN CREOLE (Serving 4)

- 2 cups canned corn
- 2 beaten eggs 1/2 cup crumbs
- 1/2 cup milk
- 1 tablespoon chopped parsley 1/2 cup diced celery
- 1/2 teaspoon salt
- 1/4 teaspoon sugar · 2 tablespoons butter Mix ingredients and bake 30 minutes in buttered baking dish

## Shepherds Pie On Menu

in moderate oven.

A recipe that will make the meat go a long way is this:

SHEPHERDS PIE

- 1/2 cup diced carrots 1/2 cup diced cooked turnips 1 tablespoon chopped onions 11/2 cups diced cooked meat
- 1/2 cup diced celery 2/3 cup gravy leftover or vegetable cream sauce
- 1/4 teaspoon salt 1/8 teaspoon paprika 1 cup mashed potatoes 2 tablespoons cream

Mix together vegetables (if your refrigerator does not have vegetable leftovers listed in recipe but others, use them), meat, celery, gravy, salt and paprika. Pour into buttered, shallow baking dish. Heat potatoes and cream in double boiler. When hot and creamy, beat well and roughly spread over vegetablemeat blend. Bake 25 minutes in moderate oven.

## Hints to Cook In Family

Plan a hearty dessert when the main part of the meal is a meat substitute, Rice or cornstarch pudding, deep dish fruit pie, chocolate cream dessert or a fruit gelatin supply needed protein, vitamins and minerals.

Pans with cake batter in them should not be overcrowded in the oven, for best results. Arrange the pans so that they will not touch each other or the sides of the oven. This allows good circulation of hot air which bakes the cake. Make sure that the oven racks are even and not warped so the cake will rise ev-

Cook dishes using meat only in part. One part meat with three parts cooked rice, macaroni or vegetables with a savory sauce in a stew pot pie still gives evidence of meat being present in



## Heart Fine Flavored Meat

Heart, and we're referring to beef, lamb, veal and pork heart, has been served in elegant restaurants by world-famous chefs for many years. Today heart is coming into its rightful popularity for home service, as women learn to prepare the variety meats and unfamiliar cuts more

With the proper cooking, heart is a fine-flavored, tender meat. and there are doxens of ways in which it can be prepared. One beef heart, for example, could serve four persons at least three meals, each with a different menu, by serving it in a meat pit, as a heart loaf, or as braised heart slices. Or it could be served whole as a baked stuffed heart, then the cooked leftover meat made into casserole dishes, hash or a biscuit roll.

First step in preparing heart is to trim out the fibers, then wash thoroughly in cold water. Beef heart weighs 3 to 4 pounds, calf 1 to 2 pounds, pork 1/2 to 1 pound, and lamb 1/4 to 1/2 pound. Any kind of heart can be used in the following recipes. HEART PIE

1 pound diced raw heart, cut in 1-inch cubes

3 tablespoons lard Salt and pepper

1 onion 1 potato

1 carrot

Biscuit dough (made with 1 cup flour)

Dredge heart in seasoned flour. Brown in lard. Add 1/2 cup water, cover and cook slowly until almost tender (about 45 minutes). Dice pared carrot, onion and potato. Add vegetables to meat and continue cooking until vegetables and meat are tender, about 30 minutes. Add more water if necessary. Pour into a casserole, cover with rounds of biscuit dough and bake in a hot oven, (425) 15 minutes or until biscuits are browned.

HEART LOAF 11/2 cups ground raw heart

- 1 onion 1 small carrot
- 1/4 cup cracker erumbs Dash of pepper
- 1/2 teaspoon salt 1 egg
- 1/4 cup catsup 2 tablespoons diced green

pepper Grind onion and carrot. Comine all ingredients and place in a one-pound loaf pan. Bake in a moderate oven (350) 45 to 50 minutes. May be served with

a tomato or brown sauce. SCOTCH SOUP 1 quart broth from water-

cooked heart 1/4 cup quick cooking pearl barley

1/2 cup shredded carrots Combine broth, barley, earrots and seasoning and simmer

## Now You Must Stretch a Point

By GLADYS DEGNER Associated Press Features Writer

"How many points does it take out of my ration book?" This is the question which Mrs. America is asking herself now as she steps up to the food counter.

How to get the most food value for ration points, as well as for dollars, is answered by Isabel Young, authority and lecturer on foods and nutrition, who says, "Making pennies go far

in buying groceries always has been a necessity for many women. Making points go far is now the problem of every woman who wants to give her family the nutritious food it needs." Miss Young, director of home economics for American Can

Company, suggests that the study of points be tied in with the study of recipes, nutrition and meal planning. She says: "Before the housewife goes

out to do her marketingcoupons in one hand, pocketbook in the other-she should make a note of what she has in the cupboard, how many points she can afford to spend and then combine the two in her buying. If she has nothing but starches, she should buy non-starchy foods. O course she'll have to spend more time than ever in studying nutrition. In making out her list, she must keep in mind that peas may not be available, so she adds an 'or else—green beans' which would do as an alternate."

Author of numerous articles on the use of canned foods from the homemaker's point of view, Miss Young long has been enthusiastic about combining canned foods with fresh fruit, vegetables and meat, or with starches such as pastry, macaroni, spaghetti, noodles and rice. Now that processed foods are rationed, she points out that this is even more to the advantage of the housewife. She says:

"The more combinations the housewife can work out, using rationed foods with non-ra-

over low heat until barley is

cooked and flavors are wellblended. HEART HASH

11/2 cups cubed cooked potatoes 11/2 cups ground cooked heart 1 small onion 1 tablespoon lard

Salt and pepper Dice onion and brown in lard. Add remaining ingredients and cook over low heat until well blended and browned.

HEART BISCUIT ROLL 1 cup ground cooked heart 1 small onion

1/4 cup shredded carrots 1/4 teaspoon thyme ½ teaspoon salt Dash of pepper

2 tablespoons milk Biscuit dough (1 cup flour) Grind or chop onion. Combine all ingredients and spread on surface of rolled out biscuit dough. Roll up like jelly roll. Bake in a hot oven (450) about 25 minutes.

tioned foods, the better off she'll be. Her meals will not only be interesting and nutritious, but certainly her points will go farther. She'll learn that rationed food will go twice as far when used as an ingredient of a dish, rather than using it all by itself. A number 21/2 can of vegetables for example, ordinarily serves 4. She can make it serve 8 by using it as an extender to a meat dish. If she buys a number 21/2 can of peaches, she can use half the first day as part of a salad and the rest next day in a dumpling des-

Here are a few of Miss Young's suggestions which show what she

#### PEAC DUMPLINGS

- WITH SAUCE 1/2 No. 21/2 can sliced peaches 34 cup flour
- 1 teaspoon baking powder 1/4 teaspoon salt
- 2 tablespoons shortening 4 cup milk
- cup sugar

tablespoon butter Drain peaches well. Sift to-

gether flour, baking powder and salt; add shortening and mix in thoroughly with fork. Add milk to make a soft dough. Roll out to 1/4 inch thickness on floured board; cut in six-inch squares; pile drained peaches in center of each; sprinkle with sugar and dot with butter. Fold edge of each toward center and pinch tightly together. Place closely together in buttered baking dish; bake in moderately hot oven at 425 degrees F. for 15 minutes; reduce heat to 400 degrees F. and bake 15 minutes longer. Serve warm with fruit juice sauce.

SAUCE

- 1/3 cup sugar 1 tablespoon cornstarch
- 1/2 teaspoon cinnamon 1 cup peach juice, drained

from peaches 8 almonds, cut in slivers

Mix together sugar, cornstarch and cinnamon; add fruit juice. Cook until mixture becomes clear and slightly thickened; add almonds. Serve hot oven dumplings.

CORN CHOWDER

- 2 slices bacon or a 2-inch cube of salt pork. 1 medium onion, minced
- 1 No. 2 can cream-style corn 1 cup sliced boiled potatoes
- 2 cups milk 1 teaspoon salt

1/8 teaspoon pepper Fry bacon; break in small pieces (or cut salt pork in small pieces and fry): saute minced

doom



TO BALANCE BUDGET and serve a nourishing meal that will add variety to winter menus, we suggest this baked stuffed heart. Wash and trim a beef heart and remove enough of the center to permit stuffing. Season and fill cavity with a well-seasoned bread dressing. Roll in flour, brown in hot fat, add a small amount of water or tomato juice, cover and bake in a moderate oven (350 degrees) until the heart is tender-2 to 21/2 hours. Thicken the liquid for gravy. Serve slices of heart and sovery dressing with brown gravy, carrots, and a crisp fruit salad.

mion in beacon or pork fat. Combine with corn, potatoes, milk, salt and pepper. Heat thoroughly, Garnish with parsley, if desired, and serve with crackers. Serves 6.

#### BAKED ONIONS AND TOMATOES

- 1 pound white onions 3 tablespoons butter
- 1 tablespoon chopped green
- pepper 3 tablespoons flour

1 No. 2 can tomatoes 2 cups bread cubes 1 tablespoon salt Peel onions; cover with boiling

water and let boil 15 minutes;

drain. Melt 2 tablespoons butter in saucepan; add green pepper; add flour, stir until well blended. Add the (2½ cups) tomatoes; cook until mixture thickens, stirring constantly; add salt. Place onions in buttered casserole; cover with 1 cup bread cubes; pour on tomato mixture; cover with remaining bread cubes; dot

Serves six. Look at the label to see how much the can contains. Buy-

with remaining butter. Bake at

425 F. about 20-30 minutes.

ing according to volume is new to most housewives. They usually bought according to price, but now they will have to get the most for their points as well as money. Another way of extending points is to buy vegetables and fruit, when available, at the fresh food counter, instead of the same thing in processed form.

Gone is the day of pouring precious vitamins and minerals down the sink. This has always been a wasteful practice but many intelligent housewives thought nothing of it. Every drop of liquid in a can should be used. Those from vegetables make nutritious gravies and soups, or they can even be added to tomato juice. The syrup on canned fruits is delicious in gelatine desserts. Many times children who refuse to drink plain milk will drink it if a sweet fruit syrup is added.

And of course everyone with a patch of yard should plant a victory garden. Even if it's nothing more than a window box of radishes. Every bit will help the housewife in stretching her points.





METROPOI



Look for the blue

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ZOOM supplies proteins in abundance because it is milled of top quality, hard red Wheat. It gives you all of the wholesome goodness of the wheat and supplements rationed foods ordinarily supplying more proteins to your

MADE BY THE MILLERS OF FISHER'S BLEND FLOUR