

Vegetables In South Good

It seems odd that children are probably urged to eat their carrots and spinach in the tropical lands of middle America just as they are up here.

One is apt to forget that the more mundane vegetables are also found in the countries from which came that exotic and nutritious fruit, the banana, and many other tropical products which do not grow in our own temperate climate. The ordinary vegetables of middle America are, of course, exactly like the ones we grow in the States, but there the resemblance ceases abruptly, for the recipes used in Mexico, Guatemala, Haiti and El Salvador—to mention a few—feature all kinds of unusual combinations. Many are really delicious.

For instance, one dish combines carrots with apples, and another mixes spinach with chopped green peppers, celery and cheese. But best of all, there's the grand culinary idea of dressing summer squash with parsley and sour cream and topping it off with a sprinkling of grated cheese.

Here's the recipe, direct from middle America—full-bodied enough to be the main dish at luncheon or supper any time. If you want to serve it casserole style, save out the cheese and mix with buttered crumbs to use as a gratin, instead of as an ingredient. A few seconds under the broiler flame will brown it nicely; there's no need to bake in the oven to get a casserole effect.

SUMMER SQUASH, DEL SUD

2 pounds summer squash
2 tablespoons butter
1 large onion, chopped
3 tomatoes, peeled and chopped
1/2 cup sour cream
Salt and pepper to taste
2 tablespoons grated cheese
Dice squash (unpeeled) and cook in a small quantity of water until tender. Drain, if necessary. Cook onion in butter until soft but not brown. Add tomatoes, squash, and half the cream. Cook gently for 10 minutes, then stir in the cheese, season to taste and dress with remaining cream and the chopped parsley. Serves 6.

Sour Cream Goes Into Cookies

Here's a recipe that comes through the mail, and it's to use up sour cream. Sounds good and is worth a try:

SOUP CREAM COOKIES

1/2 cup shortening (part margarine)
1/2 cup sugar
1/2 cup light corn syrup
1 teaspoon nutmeg
2 eggs, beaten
1 teaspoon vanilla
1 teaspoon grated orange rind
1/2 teaspoon grated lemon rind
1/2 teaspoon salt
1/2 cup thick sour cream
2 1/2 cups flour
1 teaspoon soda
1/2 teaspoon baking powder
Cream shortening and sugar. Add syrup, nutmeg and eggs. Beat well. Lightly add rest of ingredients. Chill dough. Drop portions of dough from tip of spoon into greased baking sheet. Flatten cookies with broad side of knife. Bake 10 minutes in moderate oven. Makes 2 dozen.

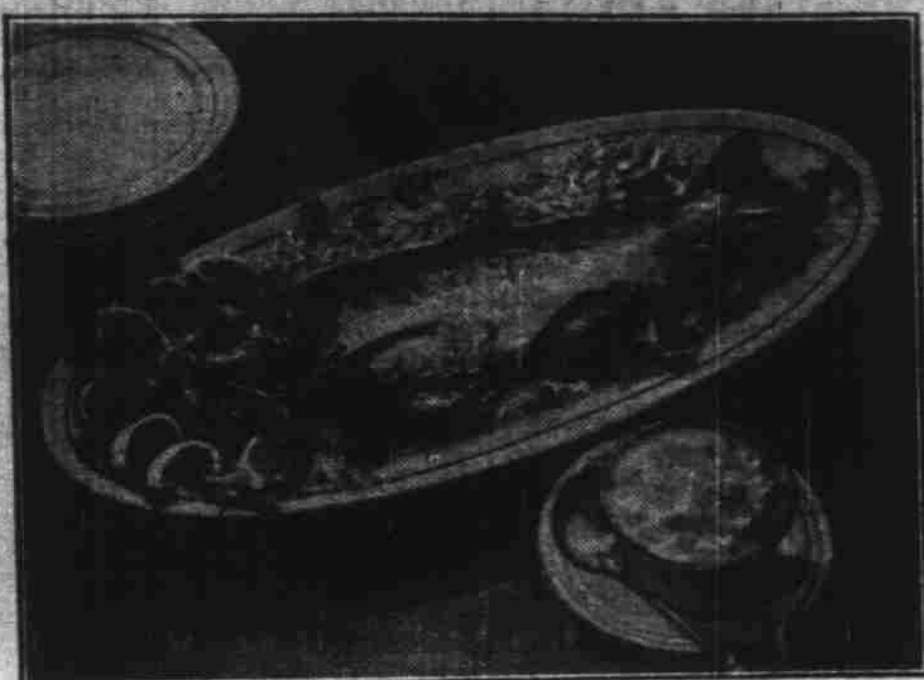
Corn Meal in Morning Menu

There's something about the combined flavors of molasses and corn meal cakes that whets the imagination and stimulates the appetite. Here's a recipe to try some morning.

CORN MEAL GRIDDLE CAKES

1 1/2 cups corn meal
1/2 cup flour
4 teaspoons baking powder
1/2 teaspoon salt
1/2 cup water
1/2 cup milk
1 tablespoon molasses
1 beaten egg
1 tablespoon melted butter
Mix and sift dry ingredients. Add water, milk and molasses gradually, then well-beaten egg. Beat thoroughly; add melted butter last. Drop by tablespoonfuls on greased hot griddle or heavy iron frying pan. Cook on one side. When puffed, full of bubbles and cooked on edges, turn and cook on other side. Serve with molasses.

Fish Demands Dash of Color, Bit of Tangy Sauce to Be at Its Best



Because fish is comparatively abundant in this section of the country, Willamette valley families consider it a "must go" at least once a week. Sauces often add interest to a fish dish in both appearance and flavor. Below is printed a creamy fish sauce to serve with any favorite, salmon, halibut or even larger trout.

PARSLEY EGG SAUCE

2 tablespoons butter
3 tablespoons flour
1 1/2 cups milk
1/2 teaspoon salt
2 hard-cooked eggs
1 teaspoon chopped parsley

Cultivation in Garden Vital

Hot weather calls for special treatment in the victory garden. It is then that the skill of the gardeners counts. So long as the rains are plentiful and nights cool, but not too cool, flowers and vegetables will go ahead with very little assistance, but in hot weather troubles multiply.

Growth slows up and insect attacks grow worse. Even if rains continue hot weather is always dry, because the heat evaporates an enormous amount of water. Cultivation becomes vital, not only to cut down the weeds which are competing with the crops for subterranean water and food, but to create a dust mulch, which will prevent evaporation from the surface of the soil and conserve it for the plants.

It is now that the application of plant food becomes important for stimulating the growth of plants which otherwise would be inclined to sulk. Insect attacks should be dealt with upon their first appearance, since the warm weather not only increases the number of the insects but diminishes the resistance of the plants.

Where a garden can be irrigated the complaint is often heard that water does not seem to do much good, and the reason usually given is that the water is cold. But if the water is applied in a spray which is broken up into fine particles it is warmed by the air sufficiently to overcome the objection. It is probable that the reason for disappointment in irrigation, as a rule, is not cold water but insufficient water.

The extent of evaporation during hot weather calls for an extraordinary amount of water to balance the supply available for the plants.

The amount possible to apply by the ordinary garden hose is insufficient and is made less effective when sprayed through the air. It is advisable, then, that even with cold water, if the amount that can be used is limited, it be allowed to run in shallow trenches or applied directly to the soil rather than sprayed.

Instead of trying to water the entire garden on the same day or evening, concentrate on one portion, and give it a thorough soaking at least a foot down. Next day, try another part. Such soaking should last a week, and the water will not be cold very long.

Burtons Called By Sister's Illness

SILVERTON—City Manager and Mrs. E. K. Burton were called to Salem Tuesday night because of an accident which befell his sister, Mrs. Marcia Smith, while she was vacationing at Breitenbush springs. Mrs. Smith fell and injured her back and was brought to the Salem hospital in an ambulance.

Technique of Summer Growing

During warm weather plant mortality reaches high proportions. One of the greatest obstacles to plant growth is crust formation on the surface of the soil. This arises from complete exposure to the sun, a condition greatly aggravated whenever the ground is at all moist.

A friable soil, slightly damp, may be transposed in just a few hours of direct sunlight to an impenetrable crust that may be cracked only with a pickaxe. Against such unsurmountable difficulties you can see what scant chance a tiny seedling has of pushing its head above the soil.

A mulch should minimize this problem during the summer season. There are many different types of material that may be utilized as a mulch, including such items as leaf mold, peat moss, straw and even bits of torn newspaper. A shelter such as that provided under a lath will also be found worthwhile. A number of commercial growers recommend the procedure of covering the seed bed with sections of old burlap or sacking.

The sacking may be stretched across the surface of the seed bed and wetted down thoroughly. This covering prevents rapid evaporation at the surface and also aids in preventing the soil from caking. The point to remember is that this shelter has value only during the germinating period and up to the time that the seedlings show above the ground. When this occurs the covering must be removed at once or else it will interfere with the normal growth of the young plants. Muslin or some similar material may then be stretched above the plants, several inches above them, to ward off the hot rays of the sun. After the plants become fairly well established this canopy may be removed.

Plenty of moisture must be provided plants during hot days. Whole grain cereal foods are one of those which taste good in spite of being good for you. Here whole wheat appears in a vitamin-filled cookie.

OATMEAL WALNUT COOKIES

1/2 cup shortening
1/2 cup sugar
1/2 cup molasses
2 eggs, beaten
1 1/2 cups sifted all-purpose flour
1/2 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon salt
2 cups oatmeal
1 cup finely chopped walnut meats

Cream shortening, add sugar and molasses. When well mixed, add eggs. Mix and sift flour, soda, cinnamon and salt, combine with oatmeal and add to first mixture, then add nut meats. Drop by teaspoonfuls on greased baking sheet, leaving room between for them to spread and bake in a moderate oven of 350 degrees until brown, about 12 minutes. Makes 5 dozen.

Dice leftover ham or chicken fine and combine in the leftover gravy. Fry little pancakes and while hot spread with the meat and gravy, roll up and serve immediately. Nice work if you're quick about it.

Blend sugar with flour and salt. Add nuts, syrup, vanilla and eggs and pour into pie shell. Bake 10 minutes in a moderate oven (350). Lower heat and bake 45 minutes in moderately slow oven (325). Cool and serve.

Maple Tarts on Dinner Menu

MAPLE TART PIE
1/2 cup sugar
2 tablespoons flour
1/2 teaspoon salt
1/2 cup nuts
1/2 cup light corn syrup
1/2 cup maple syrup
1 teaspoon vanilla
2 eggs, beaten
1 unbaked pie shell (about 9 inches)

Blend sugar with flour and salt. Add nuts, syrup, vanilla and eggs and pour into pie shell. Bake 10 minutes in a moderate oven (350). Lower heat and bake 45 minutes in moderately slow oven (325). Cool and serve.

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County Court To Convene Wednesday

Marion county court will convene next Wednesday, August 18, as requested to do by Secretary of State Robert S. Farrell, Jr., but the purpose of the session, selection of a successor to the late Rep. L. M. Ramage, may not be accomplished.

Unless such action is mandatory, County Judge Grant Murphy said Thursday night, the special meeting of the court may merely adjourn subject to call. Ramage's successor would serve until the next general election, which will precede the next regular session of the legislature.

Muffins Include Wheat Flour

Course grain flours are usually attractive to folk with hearty appetites, and summertime is the very season when such appetites exist. Here's a suggestion for using whole wheat flour.

1 cup sifted flour
1/2 teaspoon salt
2 teaspoons baking powder
1 egg
1/2 cup milk
1 tablespoon melted fat
1 cup cooked whole wheat
Sift dry ingredients together, add wheat, and mix thoroughly. Beat egg, add milk, and stir into dry ingredients with fat. Pour into greased muffin pans and bake in moderate oven about 30 minutes. Serve hot.

Meat Hints for Housewife

Salami or cervelat or sugarcured pork loaf, cubed and combined with a white sauce—perhaps you'll add green peas, too—and served on toast boats is an idea for entertaining because a little meat goes a long way and makes an attractive service. Cut bread into thick slices and scoop out the center to make a shell. Spread with butter or margarine and toast. There's the boat and the sauce is easy. If you've just a bit of leftover cooked meat and some good meat gravy try this trick: Make fresh hot popovers to serve with the meat and gravy, which of course has been well-seasoned and heated.

This Jap Freighter Didn't Get Past Island



Somewhere in Japanese-controlled waters, about one mile off a Pacific island (upper photo), a Japanese freighter cruises along the coastal apron of the island. She comes broadside the periscope of an American submarine. (Lower photo) Split second "shot" of the torpedo striking the Jap freighter dead abeam. Time, place and tonnage were not given in the official navy caption. (International)

Nazi Gunner Pulls Trigger On Yank Bomb

By RICE YAHNER
A US BOMBER STATION IN BRITAIN, Aug. 12.—(AP)—German anti-aircraft gunners "pulled the string" themselves and dropped one Flying Fortress' load of bombs on Bonn during the US army air

force raid on that Ruhr town Thursday.

One shell in the anti-aircraft barrage—so heavy that the veteran crew of the Fortress "House of Lords" agreed they had never seen anything like it before—cut the bomb's control arm.

All but three bombs of the whole load went screaming down just as the plane was on the target run.

The chance shot hit just as

cisco, was about to let a salvo go on an instrument works—but it fouled the mechanism so that the three bombs stuck. The ship was little damaged otherwise, and the three bombs were brought home for future employment.

A big piece of the anti-aircraft shell that ripped through the bomb doors buried itself in the flying "suit of radio operator Tech. Sgt. Norman Rowe of Rochester, N.Y., but he was not injured.

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