

Originality In Old Dishes

To make meat substitutes and low-point main dishes take on new glamour, serve them in a different form that is the usual way. For instance, hamburger cakes served with vegetables in a casserole dish will seem like a new recipe.

Macaroni and cheese need not be the same familiar casserole dish either. Try stepping it up in a new way, macaroni patties, for example. Cooked elbow macaroni, chopped cooked green pepper and onion, chicken bouillon cubes, shredded American cheddar cheese, eggs, spicy seasonings—these are the basis of macaroni patties. Both the eggs and the chicken bouillon add their protein values to that of the cheese—to make the dish entirely adequate from a nutrition standpoint, and a new flavor-delight to the appetite. Here's the way they're made.

MACARONI PATTIES

- 1 cup elbow macaroni
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped onion
- 2 tablespoons butter, margarine or drippings
- 3 tablespoons flour
- 1/2 cup undiluted evaporated milk
- 2 chicken bouillon cubes
- 1/2 cup boiling water
- 2 eggs
- 1/2 cups shredded American cheese
- 1/2 teaspoon salt
- Dash of pepper
- 1 teaspoon Worcestershire sauce
- 1 cup fine cracker crumbs
- 1 tablespoon cold water
- Fat for frying
- Parsley

Cook the macaroni in salted boiling water until tender. Drain and blanch. In the top of a double boiler cook the green pepper and onion in the butter, margarine or drippings, until tender. Blend in the flour, then add the milk and bouillon cubes dissolved in boiling water. Place over boiling water and cook, stirring frequently, until thick. Slowly add one beaten egg, then the cheese, salt, pepper, Worcestershire sauce, macaroni and 1/4 cup of cracker crumbs. Remove from the heat and spread the mixture in a greased shallow pan (7x11 inches). Chill. Cut into eight rectangular patties. Dip each in the remaining cracker crumbs, then in a mixture of one beaten egg and the cold water; and again in the crumbs. Brown slowly on both sides in hot fat. Garnish with parsley.

New Stamps to Be Good Soon

Beginning November 1, the housewife will use green stamps from the new war ration book four to buy rationed canned fruits and vegetables, the district OPA said. The final series of blue stamps in war ration book two, X, Y, and Z will be used, as well, through November 30.

The "A," "B" and "C" series of stamps in book four will be valid to buy rationed processed foods from November 1 through December 30. These green stamps will be used in exactly the same manner as the familiar blue stamps in war ration book two, which have been used to buy processed foods since the inception of rationing last March 1.

This means that between November 1 and November 20 two separate sets of stamps may be used to buy canned goods—blue stamps "X" and "Z" from war ration book two, and green stamps "A," "B" and "C" from war ration book four. After November 20, only one ration book, book four—will be needed for buying canned fruits and vegetables.

War ration book four will be distributed in the OPA district between October 26, 29.

The green stamps in book four will be used for processed foods, but only until the ration "token" system goes into effect, probably early next year. At that time, the red and blue stamps in book four will be put into use for buying rationed foods. These red and blue stamps should be kept intact until they become valid.

Today's Menu

Bordering on the meatless, because a little hamburger will go a long way in the main dish, is this menu for today.

- Melon ball salad
- Stuffed cabbage rolls
- Sautéed carrots
- Baked apples with raisins.
- Spice cake

STUFFED CABBAGE ROLLS

- 1 small head cabbage
- 1/2 lb. hamburger
- 2 teaspoons chopped onion
- 1 cup cooked rice
- 1/4 teaspoon celery seed
- 1 egg, beaten
- 1/4 cup milk
- 2 tablespoons meat drippings
- 1/2 cup water
- Core cabbage; wash thoroughly. Cover cabbage with boiling water; let stand five minutes. Separate leaves; reserve six large. Combine meat, onion, rice, celery seed, egg, milk and salt. Place spoonful meat mixture on each large leaf; fold over, fastening with toothpicks. Brown in meat drippings; add water. Cover with remaining cabbage. Cover; simmer one hour. Serves 6.

RATION CALENDAR

FOOD
Canned Goods—Blue stamps U, V and W good through October 20. X, Y, Z valid until Nov. 30. Meat, cheese, canned fish and edible fats—Brown stamps C, D and E new good.

FUEL OIL
Sugar-Coupon No. 14, 15 and 16 expire October 31, good for 5 pounds.

SHOES
Stamp No. 2, book one, good indefinitely. Airplane stamps valid Nov. 1.

GASOLINE
Book A coupons No. 4 new good for three gallons each.

FUEL OIL
Period 1 coupons in new fuel oil ration valid through January 2. Coupons with gallonage printed on the face valid for amount indicated until expiration date shown on coupon sheet.

TIRES
Cars with C ration books must have tires inspected every 3 months. B books every 4 months. A books every 6 months. Commercial motor vehicles—tire inspections every 6 months or every 3000 miles.

Air-Borne Medicine Shipment to Fight Yugoslav Epidemic

Medicines in tablet form are being flown across the Atlantic in an effort to help check an epidemic of malaria in Yugoslavia.

The medicines and their shipment have been arranged for by the United Yugoslav Relief Fund, a member agency of the National War Fund, and responsibility for distribution through private hospitals and clinics in Yugoslavia has been assumed by the International Red Cross.

Doilies are Lovely



These doilies are 8-point stars crocheted to glitter in all the gossamer loveliness of white or ivory string against the dark, polished sheen of your table. They're filet crochet done back and forth—they have many uses. Pattern 2976 contains directions and charts for making doilies; illustrations of stitches; list of materials required.

Send ELEVEN CENTS in coins for this pattern to the Oregon Statesman, Newsletters Dept., Salem, Ore. Write plainly PATTERN NUMBER, your NAME and ADDRESS.

2976

Prisoners Aid Outstanding Relief Agency

Behind the barbed wire of war prison camps, thousands of captive soldiers, sailors and marines are seeking desperately to fill long empty hours of tedium.

Naturally active, imprisoned fighting men find the inactivity and confinement of the prison compounds shatteringly depressive and grasp eagerly at any possible activity. Sports and athletic events particularly, offer physical and mental release from the misery of imprisonment, thanks to the work of the War Prisoners Aid committee of YMCA's, an international organization having the confidence of all warring nations. Re-

quested by both axis and allied nations to provide recreational, educational, cultural and religious activities for prisoners of war, this committee furnishes equipment and aid in these fields.

Requests made by prisoners of war to the neutral "Y" workers visiting the camps for the committee are for all types of athletic equipment, including baseball, basketball, soccer, volleyball and football gear. In some of the camps, regular teams have been formed and series play is carried on. Teams represent different barracks or different branches of military service. Non-players are avid spectators and the merits of different players are argued with the same good-natured heat that marks the conversation of sports fans everywhere.

An idea of how much such activity means to them can perhaps be gotten from a letter written by one prisoner. He wrote:

"It is essential to realize how

easily our perceptions may become sterile in the monotony of our small, unreal existence. We have to combat an attitude of morbid resignation to an evil fate. The task is to preserve mind and body in a fit state to be a power in the world whenever the moment of release may come."

The War Prisoners Aid committee provides not only athletic equipment to military captives, but also musical instruments, table games such as checkers and chess, Bibles and religious material, textbooks and other reading matter and handicraft equipment. Operating from headquarters in Geneva, Switzerland, the committee's neutral representatives visit camps in belligerent nations to provide the supplies and to advise and counsel prisoners on recreational, cultural and moral programs. This work is carried on in accordance with terms of the Geneva Convention of 1929.

Bowman Buys Farm, Plans Trip

SCIO — Roy Bowman of Albany, who recently purchased the B. E. Goodwin farm of 30 acres two miles south of Scio, will not occupy the place for the present, Mr. and Mrs. Goodwin plan a trip south and west, returning to some section of Oregon next year for permanent residence.

Mrs. C. L. Fennell returned this week from the Canby community, where she was with her son-in-law and daughter, Mr. and Mrs. Lester Slegner, farmers and dairy operators.

Mrs. J. H. Hildreth gave a party this week at the Scio Christian church for her primary Sunday school class. Watermelon and cookies were served.

Gray Fox, a native of Oregon, was common a number of years ago. The grey fox, a native of Oregon, was common a number of years ago.

Sweet Home Family Visits With Montors At Sunnyside

SUNNYSIDE — Mr. and Mrs. Slater from Sweet Home spent the weekend with Mr. and Mrs. Ernest Montor.

Mrs. Leonard Monroe, daughter of Mr. and Mrs. William Larson has been visiting them for the past week.

Mr. and Mrs. Jay Hanson visited Friday with Mr. and Mrs. E. V. Larson. Mrs. Hanson is Mrs. Larson's sister.

Mrs. Dora Coon spent the weekend with her daughter and family, Mr. and Mrs. Harry Pearson.

Mr. and Mrs. W. Crouch received 250 baby chicks.

Mrs. Wiley Wiggins from Portland called at the Sherwood home Friday afternoon.

Ankeny Farmers Start Fall Work

ANKENY — Farmers in this community are busy with discing for fall seeding for hay, also some plowing is being done. Planting onions for seed and general farm work is being carried on during the good weather.

Mrs. George Henderson and daughter, Ida Jo, have returned from a three weeks' trip visiting relatives in Iowa. She tells of seeing large herds of cattle and hogs, also immense fields of soybeans, through Nebraska and Iowa, this being a new crop there, to be raised on such a large scale.

Mrs. May Visits

MISSION BOTTOM — Mrs. Cora May and daughter, Coleen, have been spending the week with her parents, Mr. and Mrs. William McGilchrist.



SAFEMWAY Homemakers' Guide

Ideas for cold weather lunches

Good fresh bread, and a tasty, nutritious filling—those are the foundation of many a good cold-weather lunch! Fill it out with anything that strikes your fancy, plus something hot to drink, and you have a mid-day meal that will carry you right through the afternoon. Safeway has the makings!

BREAD

Julia Lee Wright's Makes delicious toast and sandwiches.

1 1/2 Lb. Loaf 12c

Julia says— Let the Children Cook

- Margarine, Dalewood (4 Pts.)...Lb. 22c
- Margarine, Sunny Bank (4)....Lb. 18c
- Margarine, Parkay (4).....1-lb. pkg. 23c
- Sandwich Spread, Lunch Box...Pint 25c
- Cranberry Dressing, Dutchess...Pint jar 23c
- Mayonnaise, Nu Made.....Pint jar 27c
- Peanut Butter, Beverly.....1-lb. jar 31c
- Catsup, CHB (15 Pts.).....14-oz. bot. 15c
- Tomato Paste, Madonna (9), 6-oz. can 7c
- Cocktail Sauce, CHB (10).....10-oz. bot. 19c
- Marmalade, Tibbets Brook, 2-lb. jar 33c
- Bluhill Cheese, plain or smok. (2).....Pkg. 15c
- Beefsteak Sauce, Heinz.....5-oz. 23c
- Horseradish, Blue Bell.....4-oz. jar 11c
- Vegetable Cock'tl, V-8 (2) 18-oz. can 14c

RATION TIME TABLE

Brown Stamps C-D-E-F	Blue Stamps U-V-W
Good Now	Expire Oct. 20
Expire Oct. 30	X-Y-Z Also Good Now
	Expire Nov. 20

Sugar Stamps
14-15-16 Good for 1 Lb. Each Expire October 31

Keep Buying War Bonds and Stamps, Week after Week!

- Vinegar, Old Mill.....Qt. bottle 13c
- Baby Food, Clapp's (1).....4 1/2-oz. can 7c
- Nabisco Shredded Wheat.....Pkg. 11c
- Shredded Ralston Cereal.....12-oz. 11c
- Quaker Muffets.....10 1/2-oz. pkg. 10c
- Puffed Sparkies-Wheat-Quaker, pkg. 9c
- Wheat Hearts, Sperry's, 14-oz. pkg. 13c
- Wheat Meal, Grapenuts, 16-oz. pkg. 12c
- Oats, Morning Glory, regular or quick.....48-oz. 21c
- Bird Seed, French's.....10-oz. pkg. 11c
- Bluing, Mrs. Stewart's.....10-oz. bot. 13c
- Household Cleaner, Parsons, qt. bot. 23c
- Purex Bleach.....Qt. bot. 12c
- White Magic Bleach.....Qt. bot. 10c
- Sweetheart Soap.....2 bars 13c
- Hand Lotion, True American, 12 oz.....23c & 2c tax
- Waldorf Toilet Paper.....4 rolls 19c
- Scott Tissue Toilet Paper.....3 rolls 20c
- Favorite Matches.....Carton 19c
- North Star Dog Food.....5-lb. pkg. 46c

Safeway Farm-Fresh Produce

- POTATOES U. S. No. 2 Yakima Gems 79c
- 50 lb. bag
- U. S. No. 1 Quality, 5 lbs. 16c
- SQUASH New Crop 2c
- Banana.....lb.
- ORANGES Juicy 9c
- Valencias.....lb.
- CRANBERRIES U. S. No. 1 Quality 29c
- Randon grown.....lb.
- CABBAGE Tender, Crisp 2c
- Local.....lb.

SAFEMWAY MEATS

Points Per lb.

- Shoulder Pork Roast Center cut lb. 31c
- Pork Steak.....lb. 34c
- Pork Liver.....lb. 24c
- B Grade Beef Roast Arm & Blade lb. 25c
- B Grade Short Ribs.....lb. 19c
- N. Y. Dressed A Grade Fowl lb. 41c
- N. Y. Dress. A Grade Fryers lb. 45c
- Fresh Oysters.....pint 65c

Wesson Oil

For Cooking and Salads (4 points pint.) 27c

Mazola Oil

(4 points per pint.) 29c

Corn Oil. 29c

CRISCO Shortening

"Sure-Mix." 3 lb. 68c

Whole Bean Coffee

at your Safeway

Choose from these fine blends—

- Edwards Lb. bag 24c
- Best quality—none finer at any price.
- Nob Hill Lb. bag 23c
- Rich, luxurious flavor.
- Airway Lb. bag 20c
- Mild and full-flavored.
- Hills Coffee Lb. jar 32c

LAST MONTH, in one of these columns, I talked about the way youngsters like to put up their own school lunches. And, to tell the truth, I was amazed at the number of readers—both young and old—who wrote me afterward. Almost everyone was quick to point out that the younger generation not only likes to pack lunches, but also gets real satisfaction from various kinds of practical cooking.

More than one reader added this very timely thought: nowadays, when so many mothers are busy with war work, it's a real family help when the children take an active part in making the kitchen run smoothly. It gives them the feeling of "doing something" important, too.

I've found through my own experience that youngsters make creditable cooks provided they're not hurried and provided they start out on things they really like. For example, boys can handle this one enthusiastically and skillfully, right off the bat:

- ### WAFFLES AND PANCAKES
- 2 cups enriched flour 1/2 tsp. salt
 - 2 tps. baking powder 2 eggs
 - 1 1/2 cups milk 1 1/2 cups milk
 - 2 tps. sugar 4 tps. melted shortening

Sift flour, measure; sift again with baking powder, sugar and salt. Beat eggs in large bowl with rotary beater; add milk and shortening; beat until well mixed. Add flour mixture and beat with rotary beater until smooth.

For Waffles: Bake in hot waffle iron about five minutes or until no more "steam" escapes and waffles are a golden brown. Do not "peek" while baking. Makes six 6-inch waffles.

For Pancakes: Drop batter by tablespoonfuls on hot, slightly greased griddles. Turn cakes when bubbles break. Bake until golden brown. Makes 10 to 12 medium-sized pancakes (4 inches in diameter).

(NOTE: For the pancake recipe, eggs may be reduced to one and shortening to two tablespoonfuls.)

- ### BONNIE BEE COOKIES
- 2 cups enriched flour 1 cup seedless raisins
 - 1/2 tsp. soda 1 cup oatmeal
 - 1 tsp. baking powder 3/4 cup shortening
 - 1/2 tsp. salt 1 cup brown sugar
 - 2 cups quick oats 2 eggs
 - 1/2 cup milk

Sift flour, measure and sift with dry ingredients; add oats, raisins and nutmeats. Cream shortening with sugar; add well-beaten eggs and milk; combine with flour mixture. Drop by teaspoonfuls on greased cookie sheet. Bake in moderate oven (375° F.) 12 to 15 min. Makes 6 dozen.

Julia Lee Wright Director Safeway Homemakers' Bureau

Announcement

We are now in a position to insulate your home with insulating wool, 3 inches of this wool is equivalent to 11 feet of solid concrete.

—Saves Fuel—

Come in, phone in or write in for additional details and the cost.

— JOBS CONTRACTED —

Willamette Valley Roof Co.

255 North Commercial Street - Phone 2478
Salem, Oregon

MYSTERY OF THE MISSING SOMETHING

THIS LOOKS LIKE COFFEE—IT SMELLS LIKE COFFEE—IT TASTES LIKE COFFEE. BUT SOMETHING SEEMS TO BE MISSING. HOW COME?

I DON'T KNOW, DEAR. JUST BOUGHT IT YESTERDAY, AND I HAD A GOOD OIL FOR IT.

IT'S THE FUNNIEST THING. JOAN YESTERDAY I PAID A LOT OF MONEY FOR A POUND OF COFFEE, BUT THIS MORNING MARTIN SIPPED IT AND SAID "SOMETHING SEEMS TO BE MISSING" AND HE DON'T MEAN GREASE AND SUGAR, EITHER. BECAUSE HE ALWAYS TAKES HIS COFFEE "STRONG" TO GET THE FULL FLAVOR.

WOULD YOU GO FOR YOUR COFFEE IF YOU BOUGHT IT IN THE WHOLE-BEAN AND HAD IT GROUND EXACTLY RIGHT FOR YOUR COFFEE MAKER, BY MY EXPERIENCE, THAT'S THE WAY TO GET REAL FLAVOR!

IT'S BET MARTIN

THAT SOUNDS LIKE AN IDEA!

WHA—THIS IS SOMETHING LIKE IT. REAL COFFEE AGAIN—EVEN THOUGH IT COST PLENTY OF MONEY—IT'S WORTH IT.

BUT THIS COFFEE HINT EXPERIENCE. I JUST DECIDED THAT MY COFFEE, IF IT FEELS THAT COUNTS SO—I BOUGHT WHOLE-BEAN COFFEE... HAD IT GROUND WHILE I WAITED... SO THIS IS GOOD COFFEE!

Joan Was Right! Whole-Bean Coffee HAS Something!

And your neighborhood Safeway Store is headquarters for fine coffee, ground right on the spot to give best results in your own coffee maker. Try a pound this week! Money back if you're not entirely satisfied.

SAFEMWAY