

Neighbors Send Good Recipes

Taking a tip from our neighbors to the south, we might include avocados in a main dish, to make it meatless. Avocados, which the people of Middle America use in so many ways, are an excellent meat substitute, having a high fat content and a liberal amount of vitamins A and B and a lot of minerals to boot.

BAKED AVOCADOS IN SOUP CREAM

2 cups cooked corn
4 slices bacon
4 tablespoons green pepper
2 medium sized tomatoes
1/2 teaspoon salt
1/2 teaspoon pepper
2 large avocados
1 cup sour cream (or add lemon to sweet cream)
Fry bacon until crisp. Pour off bacon fat, leaving one tablespoon in the skillet. Chop green pepper and fry gently in the fat for five minutes. Add chopped tomato and continue cooking until tomato is soft. Add corn, crumbled bacon slices and seasonings. Remove from heat. Cut avocados in half lengthwise, peel and arrange in greased baking dish. Fill avocado halves with the corn mixture, then pour the sour cream over carefully. Bake in a hot oven, 450 degrees F. for 25 minutes. Serves four.

Speaking of avocado, here's a salad that includes them, and tomatoes, a good combination for this time of year.

MEXICAN SALAD

1 large avocado
4 medium tomatoes
1 small onion
Shredded lettuce
Cut avocado in half lengthwise, remove seed and peel. Cut into crosswise slices. Slice onion paper thin; slice tomatoes crosswise. Arrange overlapping alternate slices of tomato, onion and avocado on a leaf of romaine or a flat bed of finely shredded lettuce. Pass lime juice dressing. Serves 4.

LIME JUICE DRESSING

1/2 cup salad oil
1/2 teaspoon salt
1/2 teaspoon paprika
Dash cayenne
Dash black pepper
1/2 cup lime juice (or lemon)
Mix seasonings thoroughly with oil, add lime juice. Chill and beat well before serving.

Vegetables will take the spotlight in today's dinner menu.

Pear salad with Cheese dressing
Braised shortribs with Glazed parsnips
Baked potatoes
Frozen berry shortcake
GLAZED PARSNIPS
6 cooked peeled parsnips
3 tablespoons fat or meat drippings
1 tablespoon corn syrup or sugar
1/4 teaspoon salt
1/4 teaspoon pepper
Brown parsnips quickly in fat heated in frying pan. Add rest of ingredients. Cover and simmer 10 minutes. Turn several times with 2 forks.

RATION CALENDAR

FOOD
Canned Goods—Blue stamps X, Y, Z valid until Nov. 20.
Meat, cheese, canned fish and edible fats—Brown stamps C, D, E and F good until October 30.
Sugar—Coupon No. 14, 15 and 16 expire October 31, good for 5 pounds.
Stamp 29 in book 4 good for 5 pounds until January 15.
SHOES
Stamp No. 18, book one, good indefinitely. Airplane stamp No. 1 valid Nov. 1.
GASOLINE
Book A coupons No. 8 now good for three gallons each.
FUEL OIL
Period 1 coupons in new fuel oil rations 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.

Gone to the Wind

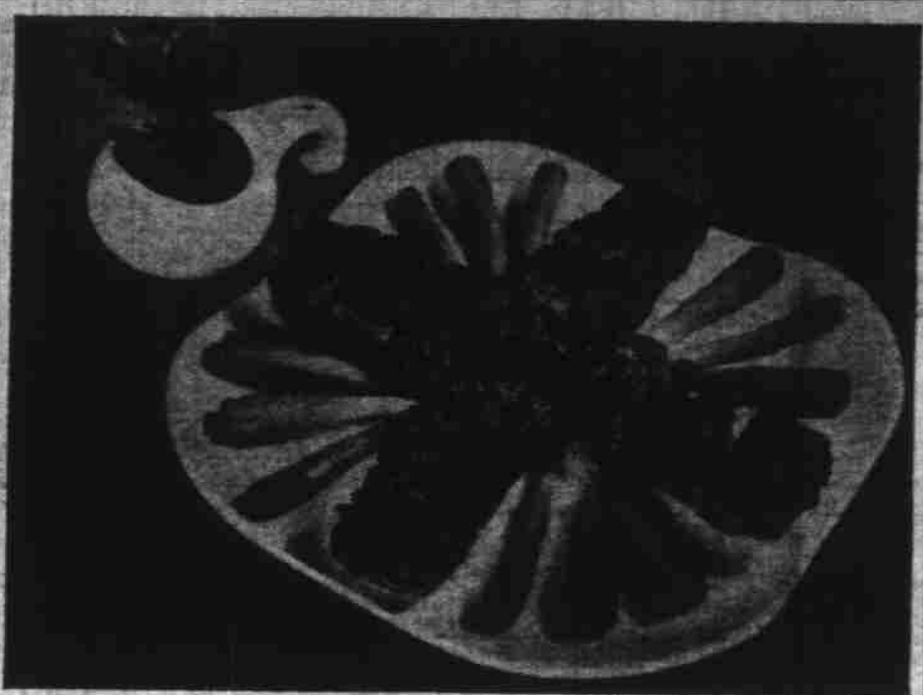
NAIROBI—(AP)—Windmills from Britain are being sent to Kenya to aid the colony's extended dairy and stock-farming industry.



WORTH WAITING FOR

Your favorite man has gone to war... and with him has gone your favorite Societe chocolates and candies. When sometimes you don't find these delicious confections at the candy counter, remember that they, too, are "worth waiting for."

IMPERIAL CANDY CO. SEATTLE



Cereals Prove Friend to Wartime Housewife as Meat Extenders

There are numerous possibilities in cereal extended meat loaves. The meat itself might be ground beef, veal, lamb, pork, or a combination of any of these. The cereal or cereal product may be crackers, bread, macaroni, rice, cornmeal, hominy, oatmeal, prepared breakfast foods or left-over breakfast cereal.

Cereals are good meat extenders. Their flavor is bland, so by absorbing meat flavor they stretch meat over more servings. Homemakers welcome new ideas in cereal extended meat loaves because they are such point-wise savings.

Make Them Yourself



The bazaar and gift season is on the way... summer on the wing. So out with your needle, scrap bag, paint brush, glue pot! Send now for instructions 493 which contains money-making ideas and gifts to please everyone from grandma to the baby. Oodles of fun to make! Instructions 493 contain detailed directions for 18 articles; list of materials required.

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

Medal 25 Years Late

BURLINGTON, NC—(AP)—Allen R. Kelly was wounded in France 25 years ago while serving with the 14th French division. The war department notified him the other day he would receive the purple heart decoration. He already had received the Croix de Guerre and a French citation.

Father, Son To Become Eagle Scouts

Father and son receive Eagle Scout badges in the first such ceremony ever staged in Salem, which will climax the Cherry City district's fall roundup Friday night in the Parrish junior high school gymnasium.

Robert Wagers, sr., who was a Life Scout when a boy and who returned to scouting approximately four years ago as scoutmaster of troop 42, Middle Grove, earned the highest rank the Boy Scouts offer as he worked with his son, Robert Wagers, jr., with that son Friday night will be awarded the Eagle.

Supreme Court Associate Justice Arthur D. Hay will preside at the court of honor, which it is expected many parents will attend as a tribute to their own sons and to the Wagers "team."

The court is to follow games, fun and activities arranged for members, masters and other leaders of the district's 20 troops and four Cub packs, which starts at 7:30 p.m. An artificial campfire is to be a feature of the closing ceremony.

False Alarm Clock

MARKET RASEN, England—(AP)—Early one morning the town hall clock at this little Lincolnshire town began to strike the hour and kept on chiming. For a half hour the chimes rang out over the sleepy town. The town's home guard, and 2,000 citizens, thinking it was an invasion alarm, turned out. Finally somebody tied up the mechanism, the clock stopped striking and the townfolk went back to bed.

INDIVIDUAL MEAT LOAVES

1 pound ground veal
1 pound ground pork
1/2 cup of soup stock or milk
1 cup quick-cooking oatmeal
1 egg
2 teaspoons salt
1/2 teaspoon onion juice
Paprika

Combine ingredients in the order given. Pack meat mixture into a loaf pan. With a knife, divide the loaf in half lengthwise. Then cut across the loaf making the desired number of servings. Sprinkle with paprika. Bake in a moderate oven (350 degrees) for 1 1/2 hours. When ready to serve, turn out on a cake rack, and invert, brown side up on a platter. Serves 10 to 12.

MEAT-RICE LOAF

1 pound ground beef
1/2 pound ground pork
1 cup cooked rice
1 egg
3 tablespoons chopped onion
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup milk
1/2 teaspoon poultry seasoning
Mix all ingredients thoroughly. Pack into a greased loaf pan and bake in a moderate oven (325 degrees) for one and one-half hours. Serves 8-10.

Pratum Heads Named For War Chest Drive

PRATUM—The united war chest campaign in the Pratum district is being carried on this week with Fred deVries as captain. Volunteer solicitors are as follows: Carl Vogt for the north division; Mrs. John Roth, west; Mrs. George Kleen, central; Mrs. Fred Cornu, east; Mrs. William Anderson and Fred deVries, south central, and Mrs. C. A. Lynds, south section. The campaign ends Tuesday, October 26.

Bucket Brigade Style Removes Rubble



Hand-over-hand, American soldiers adopt the technique of a bucket brigade to clear away rubble of their barracks which were destroyed by German planted dynamite in the second time explosion suffered at Naples. (AP wirephoto by signal corps radiophoto.)

Home Dry Cleaning To Be Explained To Macleay Women

MACLEAY—Sponsored by the Pratum home extension unit, which is composed of women in the vicinity of Pratum and Macleay, a demonstration of "Dry

Cleaning at Home" will be given Tuesday starting at 1:30 at the Macleay grange hall, by Miss Frances Clinton, Marion county demonstration agent.

How to clean wooleens, rayon, gloves and felt hats will be demonstrated.

All women interested are invited to attend.

Machine Shop Class to Open

Machines repainted to conform to DuPont's scheme for "three dimensional seeing," Salem high school machine shops will shortly offer a new class of training for persons above the age of 16 years and not engaged in an essential industry, E. T. Barnett, vocational education supervisor for the Salem school system, announced Wednesday.

Registration and re-registration of trainees will be taken at the shops this week, Barnett said, explaining that there is no charge since costs are borne by federal funds allocated to the state board of education for vocational education in cooperation with Salem schools.

Hours of registration are from 9 a. m. to noon, 1 to 5 p. m. and from 7:30 to 9 p. m.

Grangers News

MACLEAY—Grange social night will be held at the grange hall Saturday night. Edward Tooker is social chairman.

Black Well Again

PIONEER—Elmo Black, who was operated on for appendicitis about a month ago, was able to return to work for the first time Monday night.

Crew Fixes Madrona

WEST SALEM—The street crew have been making some much needed repairs on Madrona street, in regravelling and filling in the ruts.

No Rationing On Africa Front

RICHMOND, Va.—(AP)—Virginians who sit down to Sunday dinners of fried chicken, Virginia ham and all the trimmings are practically fasting, say reports from North Africa.

Major M. M. Pinckney, attached to an army hospital unit, is authority for the information. Invited to the home of a pasha who was grateful for some dental attention from the Americans, Major Pinckney's party was served with:

A delicious thick soup; pigeon pie with a crisp, flaky crust; thin and crisp potato chips; a mixed vegetable dish which tasted like more; roast mutton cooked with vegetables; whole chickens, very tender, cooked with olive oil; Arab coush-coush, a bowl filled with coarsely ground grain, sugared dates and raisins mixed into a jelly; a dessert course of huge muscat grapes and then tea, four glasses each.

What's more, wrote the major, you could eat with your fingers.

Candy Out for Duration

DAVENPORT, Ia.—(AP)—Charlene Brunk, four and one half years old, has been pinching pennies the last 18 months to help the war effort. Denying herself cones and candy, Charlene, daughter of Mr. and Mrs. E. P. Brunk, accumulated 3500 pennies and converted them into a war bond and stamps.

Running on the Rims

GARDEN CITY, Kas.—(AP)—The rubber shortage finally caught up with F. E. Stone, Garden City contractor, in regravelling and filling in the ruts.



Wood engraving by H. M. Cornish after oil painting by James Chapin

How's it Back Home?



Send him a real slice of home through the USO—one of the 17 major war relief agencies that have banded together with our own community agencies this year to bolster morale and relieve distress on the battle front, among the civilian victims of war and here at home. Just one contribution this year helps all of these. Make it big. Make it roy.

Salem United War Chest
IN CONJUNCTION WITH
National War Fund

★
This Vital Message Sponsored by

—A little down on a big bill—
GEVURTZ
FURNITURE CO.

YES!

Lucky Strike

Means Fine Tobacco

