PAGE ELEVEN

Step Stool

\$5.95

Handy stool with steps that

fold under when not in use.

In fresh white enamel fin-

ish with red top and steps.

Metal reinforcements.

A Revival

Cultivation of Herbs Again in Limelight

Colonial housewives would highly approve the current revival of interest in herbs. Indeed, they would be surprised to learn that

the cultivation of herbs in America had ever declined. Among the most precious possessions brought by the Pilgrim mothers were the packets of herb seeds and roots, for at that time herbs were in daily use in England, and Europe. Recipes current at costmary, called Bibleleaf, Up to

the early 1800s every New Eng-

land yard had its "yarb patch"

or its row of spearmint, camo-

mile, or tansy. The Shakers in

Pennsylvania were the first to

grow herbs extensively for med-

icine. Johnny Appleseed planted

fennel seed by the hedgerows

With the coming of drugstores,

refrigerators, and commerce in

prepared herbs from Europe and

Asia, there ensued a long decline

in the growing of herbs. How-

ever, for the past decade or so,

there has been a marked revival

of interest in herbs, quickened

by the disruption of trade caused

by the World war Digitalis, car-

away, marjoram, thyme, and

sage, as well as various mints for

Today one could plan an inter-

esting herbal itinerary through

the United States. At the Cot-

tage Herb Garden in the Washington Cathedral Close, there is

a replica of the Shakespeare

herb garden in Stratford - on -

Avon. The restored Mt. Vernon

herb garden is a perfect exam-

ple of formal gardening in the

peaceful years after 1700. Old

Williamsburg, Virginia, has many

restored herb gardens, one of the

most picturesque being that for

the governor's palace. New Eng-

land boasts many such restored

early American gardens. Of in-

terest also are the Wild Garden

at Milton, Massachusetts, Clois-

ter Garden connected with the

Metropolitan museum of art in

New York; and the herb garden

at the Harvard Botanical gar-

dens, sponsored by the Herb So-

ciety of America, with the aim of

finding what wild plants are ad-

To purchase herb plants or to

see the processing of herbs for

tisanes, seasonings, or fragran-

cies, one could visit the Weath-

ered Oak Herb farm at Bethese-

da, Maryland or the Tooles at

Baraboo, Wisconsin. In Portland,

Ore., Miss Constance Cole has

recently replanted her herb farm

at Lavender Lane. Nearer at

hand are the 65 acre dill farm in

the Chemawa vicinity and the

peppermint fields near Buena

Vista, the latter a lovely sight

for the Chemeketa chapter,

Daughters of the American Rev-

olution, to recognize the early

usage of herbs by organizing an

Early American herb tea for the

general public at the home of

Mrs. John H. Carkin, 495 North

Summer, on Thursday. The

hours are two to five and seven

to nine p. m. Herbs for frag-

rance, cookery, and teas will be

displayed together with books,

pictures and scrapbooks on

herbs. Cuttings of herbs will be,

shown in bottles labeled with

botanical and popular names and

a bit of early lore and usage.

Everyone is invited to attend

The first meeting of Parrish

9th grade Girl Reserves was held

Monday at the YWCA with their

new advisor, Mrs. Kay Halver-

son. Marlene DeWitt was elected

president to fill the vacancy of

Joan Farrell, who is attending

school in Portland, Dolly David-

son is replacing Joan Elliott, who

has moved. Plans for a club par-

Jeanne King, president of Les-

lie Girl Reserve club presided at

the initial meeting at Leslie

school Monday.

The first semester officers of the Leslie 8th Girl Reserves club

were elected . Tuesday after

school at Leslie. President, Pat

Olson; vice - president, Beverly

Cater: secretary, Barbara Flagg;

treasurer, Sharon Sprout; song

leader, Donna Brunkal; inter-

club representative, Shirley Wel-

Janet Miller, president of Tri-

Y, Betty Lou Edwards, song leader of Tri-Y and Mrs. Mary

Brown were guests of the Che-

mawa Girl Reserves Thursday.

ty was discussed.

the affair.

Altogether, it is appropriate

when being sprayed at sunset.

teas, are again grown.

and fences of Ohio.

Jamestown and Williamsburg indicate that herbs were brought over also by the women of the earliest colony in 1607. According to Helen Noyes Webster, in Plymouth, grows today the descendant of a mint planted in 1620, or very soon after. With no drugstores round the corner, the colonial folk depended on herbs for healing as well as for flavor in cooking. Scentbags were popular for linen shelves, chair backs and cushions. Potpourri recipes were handed down from mother to daughter.

Exchanges of herbal usage were made with the friendly Indians. To keep church goers awake during the long sermons "meetin' seeds" were nibbled, dill or caraway. Bibles and hymnbooks were scented with



Column Of special interest to many Salem residents is the fact that Mrs. George W. Bagnall has returned to Salem and is helping Mrs. Emma Maxwell, executive secretary of the Camp Fire Girls. For the past three years she has been a member of the Portland area staff as area field secretary after completing training at executive school at Mills college.

First fall project for Camp Fire girls of Salem, with their leaders, will be to help the Marion county public health office with Christmas seals, Girls will meet at the YMCA, October 18 at 4 o'clock to help on this project.

The first fall guardian's association meeting was held October 10 in the First Presbyterian church. The meeting was in charge of Mrs. C. S. McCollam, president. Plans for the fall training courses for Camp Fire guardians and Blue Bird leaders were made. This will be the first meeting for all Camp Fire guardians and Blue Bird leaders of Salem, Corvallis and Dallas and is to be an all-day field trip to Camp Kilowan. They will leave Salem at 9:30 a. m., October 17.

A training course schedule for guardians of the fifth and sixth grade groups, will open in the First Presbyterian church club room from 9:30 a. m. to 11:30 s. m., October 24, the subject is, "Objectives of Camp Fire girls, music for ranks and group singing." Other meetings will be held on the following Wednes-

Blue Bird leaders will hold their training course meetings in the Camp Fire office, 319 Oregon building, on Friday mornings from 9:30 a. m. to 11:30 a. m. Their schedule opens on October 26 as follows:

A new addition to the training. course program this year is special course for old leaders and leaders of girls of junior high school age. They will meet in the Camp Fire office, 319 Oregon building on Wednesday nights beginning at 7:30 o'clock October,

The courses will be under the leadership of Mrs. Emma Maxwell, local executive, assisted by Mrs. George W. Bagnall.

Of interest to many girls is the news that Mrs. Erwin Batterman is to be the guardian for those entering junior high from the Englewood district and particularly for those girls formerly in groups under Mrs. Don Patton and Mrs. C. S. McCollam.

Groups at St. Vincent dePaul are under the leadership of Mrs. J. R. Gamroth, Mrs. Schroeder and Mrs. Dorothy. Shepard,

Miss Kay Lovett will continue to lead girls from Highland district now in junior high school. Mrs. Daisy Chance is meeting with girls from the Garfield and Grant schools now in junior high and Mrs. W. C. Cavender is meeting with Leslie girls from the Richmond district.

The Muriel Morse Horizon club held its first meeting Octobe 8 at 7:30 o'clock in the Camp Fire office with Suzanne Hug-

gins, presiding. RATION CALENDAR

MEATS, PATS, ETC.: Sook 4 - R- through VI ough Jan. 31. Al through El that 31. El through KI through LI through QI valid through

Book 4 — Stamp 38 valid for five ounds through Dec. 31. and 4 valid indefinitely.



DRS. CHAN . . . LAM r.Y.T.Lam N.D. Dr.G.Chan, N.B. CHINESE Herbalists 241 North Liberty pstairs Portland General Electric Office open Saturday only— a.m. to 1 p.m.; 6 to 7 p.m. Con-ditation. Blood pressure and urine ests are free of charge. Practiced ince 1917.

Etokta Club Will Meet Tuesday

Members of the Etokta Woman's club will meet on Tuesday afternoon with Mrs. Richard Erickson, 1515 North Liberty street at 2 o'clock. Assisting Mrs. Erickson are Mrs. E. A. Boyle and Mrs. O. H. Borning.

Delegates to the Marion couny Federation and the third district convention will be named. Mrs. Wilber Ankney will review a late book during the program

Swegle Couple Are Entertained

SWEGLE - As Mr. and Mrs. William McKinney have sold their home on Garden road and will be moving from the district soon, a group of friends gathered at their home Thursday night for a farewell party. Refresh-. ments were served and a gift presented by a committee from the Swegle Woman's club. Mrs. McKinney has been president of the East Salem extension unit for two years and both have been active in the community social life and will be missed.

Present were Mr. and Mrs. E. E. Brandt, Donna Mae and Larry, Mr. and Mrs. Walter Biggerstaff, Mrs. James Lyke, Mrs. Otis Dawes, Mrs. Homer J. Conklin, Mrs. Louis Neuman, Mr. and Mrs. Lester Curry, Letha and Donald, Mr. and Mrs. George Yost and LaVonne, Mrs. Lester Bolton, Delbert and Mary Louise, Mrs. Charles Bottdorff, Mrs. Joseph Brennan, Mrs. Ralph Becker, Mr. and Mrs. William Hensell, Mr. and Mrs. John Marshall, Mr. and Mrs. Dillon Jones, Richard and Marie, Mr. and Mrs. Menno Dalke. Mrs. E. E. Welty, Mr. and Mrs. C. A. Salter, Mrs. Albert Patz, Dona Marshall, Mrs. Warren Miles, Mr. and Mrs. William Hartley, Mr. and Mrs. McKinney and Robert.

Silvertonians Wed in Portland

SILVERTON — Mrs. Nellie Dick and Mr. Lewis Yates, both of Silverton, were married in Portland at 4 o'clock on Saturday afternoon. They have gone on a two weeks trip to the Oregon beaches and upon their return will live at 307 Oak street.

Mr. Yates is street commis sioner of Silverton, as was his father, the late Lafayette Yates. Mrs. Yates has lived in Silverton some two years.

The Oregon State Bar association convention at Gearhart will be attended by Mr. and Mrs. Bruce M. Spaulding, They will leave Wednesday to be present at the board of governors banquet and remain through the convention, returning Sunday.

Mrs. J. E. Coffin of Whittier, California, is visiting at the home of Mrs. Russell Catlin and Mrs. Frank Spears.

Girl Reserves Corner

Following the business meeting of the club, a report of the Oregon Girl Reserve conference was given by the Salem girls. Songs were led by Betty Lou Edwards.

Verdict of the Ages

In a study of 375 films made through 18 consecutive months in 1942 and 1943 the American Business Men's Research Foundation reported 1,193 drinking scenes. 645 of which - - 55% - implied approval of drink-

Should Prohibition return? Since America entered the World war in December, 1941, the liquor traffic has taken from the pockets of the American people more than \$10,000,000,000 (10 billion dollars) in alcoholic beverage sales.



Lou know that vitamina are mysterious elements found in foods. You can't sustain life without them. Yet you cannot see a vitamin. You caunot touch or taste them.

harmscentical form, it is so important to seek the product of a recognized manufacturer.

Because ABBOTT is one of the old and trusted names in this field, we specialize in their products and recommend And that is why, when you them confidently. Ask your buy vitamins in concentrated, physician about this brand!

Capital Drug Store Cor. State & Liberty Ph. 3118





Deluxe Credenza Suite

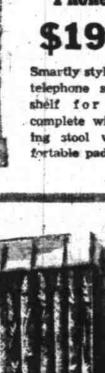
This beautiful modern dining room will be a perfect background to make your Thanksgiving dinner a memorable one! Sleek modern styling, the richness of fine hand-rubbed oak veneers and superior construction make it a beauty at this price! \$ Buffet, table, 6 chairs.

A YEAR TO PAY!



Gossip Bench Phone Set \$19.95

Smartly styled modern telephone stand with shelf for directory, complete with matching stool with comfortable padded sent.





Roomy Modern

Unpainted Chest

\$16.75

Sturdily constructed of hard-

wood, sanded, finished and

ready to paint or varnish just

the shade to go with your color

scheme! 4 deep drawers.

ions, decorative carved feet, wide channel arms. Carefully tailored in mohair of rich colors. Sofa, chair.

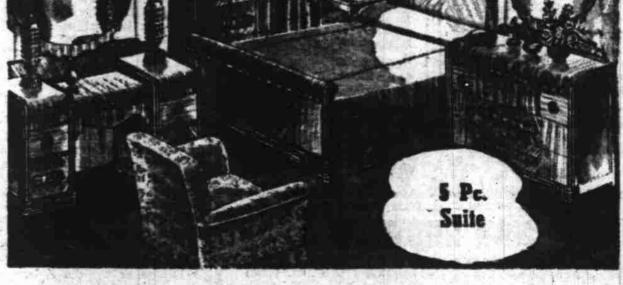
For the Curtains They Wear! ionets

Let Your Windows Be Known

People notice your windows, even before they're inside the door. For a gracious impression, curtain them with sturdy-wearing but delicately patterned sheer nets-the Zionet kind. Well tailored, ready to hang, and washable, too:

\$249

275 North Liberty Street



Deluxe Bed Room Suite

This beautiful suite will please you. choice of \$149.75 walnut or blonde maple. Vanity, Chest, Bed, Bench, Night Stand,

