

**Food Miscellany**

**Fresh Vegetables Will Help Follow President's Food Conservation Plan**

By Maxine Buren

Up with the vegetable supply but down with meat, poultry and dairy products. While nobody ever starved in a spinach field, people do like a variety and miss their meat and butter and bread.

Fortunately for us Americans, just when we are told that we've got to tighten our belts to care for the hungry in Europe, old Mrs. Nature begins to produce nice crisp vegetables for us, and fortunately too, the people of this district like to garden and have space to do it.

Even the men who are most scornful of "sissy" food are like-

ly to demand frequent appearance of their own-grown vegetables on the table in spring and winter.

Today we see zucchini in the market, which heralds the appearance of this vegetable from local gardens and reminds us to think up new ways to cook summer squash. It has a way of growing in great abundance, and few home gardeners can bring themselves to throw out squash no matter how many hundred appear on the vines.

Then there's leaf lettuce, it will be coming along in a surprisingly short time, and must be worked in to menus frequently. Early cabbage plants are seen in flats set outside the seed store and will soon find a place on family dinner menus.

Many gardeners fall for kale, and it's another vegetable which is likely to produce more food than can be used. Spinach, turnip greens, dandelions and mustard greens take their place on the table, all are highly valuable, nutritionally speaking.

We note that the army, "tightening its belt" is cutting down on the amount of canned asparagus, beans, spinach, tomatoes,

**Sister Kenny Sails for Home**



SAN FRANCISCO, March 21—Sister Elizabeth Kenny (right), discoverer of the famed method for treating polio cases, sailed aboard the liner Mariposa recently for her home in Australia. The famed woman spent six years in the United States. The infantile paralysis fighter will return to America in August. Sister Kenny operates an institution in Minneapolis, Minn. Pictured with her is her ward, Mary Stuart Kenny, who accompanied Sister Kenny to Australia. (International)

**Pupils Help At PTA Meet**

SWEGLE, March 21—(Special)—Tuesday afternoon Swegle PTA met at the school house. Mrs. E. M. Bankston was in charge of the program. The pupils of the eighth grade class helped with an Oregon history class. Articles made in the art class, books and an aquarium were shown.

At the business meeting conducted by Mrs. George Quinn the nominating committee named: Mrs. Clinton D. Kennedy, Mrs. Leonard Cain and Mrs. Clifford Yost.

Following the meeting members of the 4-H cooking class, group II, served refreshments. The tables were set with white cloths and decorated with several kinds of yellow spring flowers. Cakes served were baked by Joan Stark and Roy Kennedy.

**Family Pet Dies In Silverton Fire**

SILVERTON, March 21—(Special)—Fire destroyed the woodshed and back part of the house of William McGlasson, South Water street, Thursday forenoon. The volunteer fire department arrived in time to save the greater part of the dwelling. A small dog was caught in the woodshed and couldn't make it out before the flames overtook him. Origin of the fire could not be determined.

**Discharged**

- From the army at Ft. Lewis:
- PFC Wallace E. Ross, 4015 State st., Salem.
  - Cpl. William L. Lind, box 3315, Salem.
  - Sgt. Floyd E. Smith, 1339 S. High st., Salem.
  - PFC Markston S. Leek, 671 Kingwood ave., West Salem.
  - PFC John F. Deckard, route 5, box 117, Salem.
  - T. 4th Gr. Laurence A. Pederson, 2390 N. Liberty st., Salem.
  - Alvie L. Weatherill, 2085 N. Commercial st., Salem.
  - T. 5th Gr. Edward C. Hawkins, route 1, box 275, Salem.
  - Sgt. Wendell W. Weckert, 824 N. Commercial st., Salem.
  - Sgt. Willis E. Vincent, jr., 360 W. Superior st., Salem.
  - T. 4th Gr. Morland D. Bartell, 732 S. 18th st., Salem.
  - T. 4th Gr. Budd R. Coons, 1310 N. Summer st., Salem.
  - PFC Robert D. Key, 100 Fairview ave., Salem.
  - Sgt. Thomas C. Fisher, 2699 Brooks ave., Salem.
  - PFC Macario D. Padilla, route 2, box 134 M., Salem.
  - Sgt. James E. Dougherty, 1555 S. 12th st., Salem.
  - T. 5th Gr. Frederick H. Hansen, 675 S. 12th st., Salem.
  - Sgt. George Schweigert, jr., 1155 Leslie st., Salem.
  - S. Sgt. Leonard D. Scharr, route 3, box 731, Salem.
  - T. 5th Gr. Lionel H. Basye, route 6, box 436, Salem.
  - Ppl. Dale L. Biles, 1825 N. Summer st., Salem.
  - T. 5th Gr. Fred Golden, 983 Madison st., Salem.
  - T. 5th Gr. Wyman B. Bohl, 665 Shipping st., Salem.
  - Sgt. Warren M. Klug, 552 N. Church st., Salem.
  - S. Sgt. Edwin B. Bishop, 460 Leslie st., Salem.
  - PFC Dale W. Gordon, 1075 Columbia st., Salem.
  - Pvt. Monte Thomson, 720 N. Commercial st., Salem.
  - Cpl. Harold L. Godkin, 478 S. 18th st., Salem.
  - Sgt. Andrew M. Clark, 3225 D st., Salem.
  - Dale E. Nelson, 1340 Nebraska ave., Salem.
  - S. Sgt. Lawrence A. Pohl, 460 University st., Salem.

**Council Okehs New Overhead Storage**

MT. ANGEL, March 21—(Special)—The city council held a special meeting Monday at which it voted to approve the erection of overhead storage tanks by the Marion County Farmers Union Oil Co., provided installation is made in strict accordance with the board of Fire Underwriters.

The council also accepted plans for the proposed city drainage program. The street committee was instructed to investigate facilities for carrying out the project and to get bids.

**'Young Misses' Club Has Party at Bassett Home**

MIDDLE GROVE, March 21—(Special)—The "Young Misses" Home-maker's club attended a St. Patrick's day dinner at the home of the leader, Mrs. Vera Bassett. A business meeting and games followed the dinner which was attended by the following mem-

**Oregon Future Farmers Plan Convention in Salem April 11, 12**

Oregon's Future Farmers of America will conduct the annual state convention in Salem April 11 and 12, it was announced here Thursday by Ralph L. Morgan, state supervisor of agricultural education.

Morgan said attendance at the convention will be limited to two delegates from each of the 45 chapters in the state, in addition to candidates for the state farmer degree, who will be interviewed on April 9 and 10 by the state executive committee, which starts its session on April 8.

State officers who will handle the details of the convention are Robert Taylor, Grants Pass, president; Richard Welle, Oregon City, vice president; Leonard Perlich, Salem, secretary; Leonard Hopkins, Cloverdale, treasurer; Orville Ohling, Albany, reporter, and Ralph L. Morgan, Salem, adviser.

**Executive Committee**

Selection of Keystone chapters and state farmers will be the chief work of the executive committee which includes the following in addition to the state officers: District vice presidents, Gerald Sandlin, Enterprise; Charley Cheyne, Henley; Donald Mader, Silverton, and Philip Fendall, Newberg; members of the advisory council, Charles Fulton, Ontario; Jack Koch, Canby, and Homer Grow, Roseburg.

The annual FFA convention banquet the evening of April 12 will feature addresses by Ronald Jones, president of the Oregon Farmers Union, and Eugene E. Starkey, second national FFA vice president, from Orland, Calif. Starkey is the son of Edward B. Starkey who taught vocational agriculture at Gresham in 1927-28 and 1928-29 when the state association was being organized.

**Finals At Bush School**

The finals in the state parliamentary contest will be held at the Bush school, Salem, the evening of April 11 with five teams competing for the championship banner. Teams competing, all district champions, are from Albany, Enterprise, Forest Grove, Gresham and Malin.



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**...TWO RALLIES...**

Saturday, March 23rd, 1946

First Rally — 6:30 to 8:30

Second Rally — 8:30 to 10:30



W. L. NUNES — He Speaks

**SALEM ARMORY**

-- 3000 Free Seats --

**FAMILY NIGHT**

Saturday, March 23rd, marks a new attempt in reaching the youth of the Willamette Valley. This Saturday only we are featuring two rallies, one to begin at 6:30 and ending at 8:30, and the other to begin at 8:30 and end at 10:30. Admission for the second rally will be by ticket only.

Tickets Are Gone — Attend the First Rally at 6:30

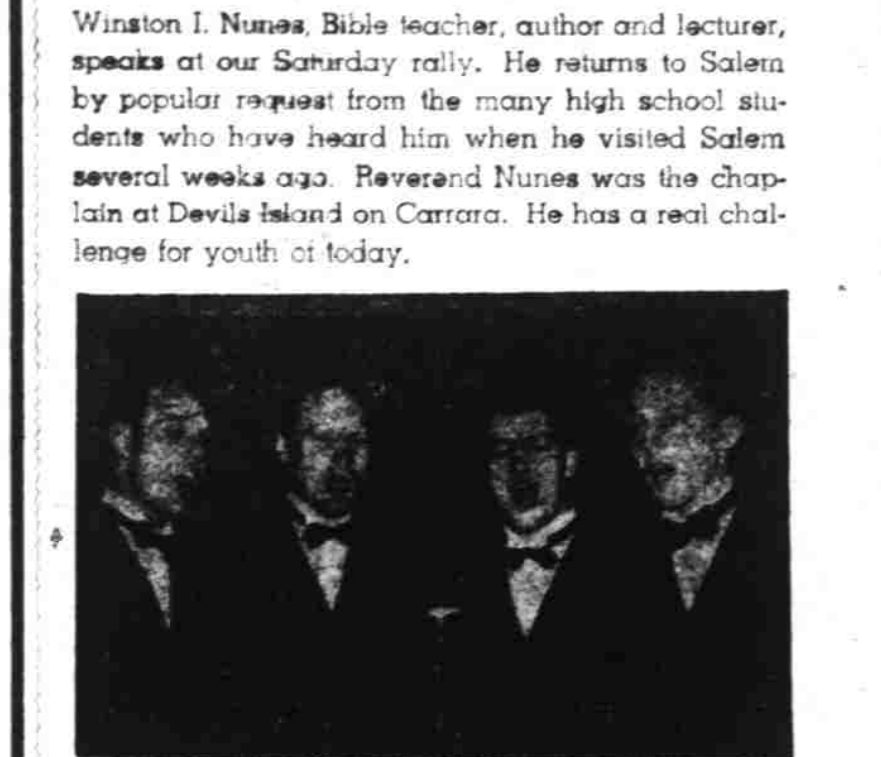
**Al Zahlout — He Plays**

Al Zahlout, converted dance band musician, features the instrumental music of our rally March 23rd. He has gained nationwide fame traveling with Percy Crawford across the nation and undoubtedly is one of the outstanding violinists in full-time Christian service today. We know you won't want to miss the strains of melody that flow from this consecrated violinist whom God is using.



Traveling with the A Capella Choir is the Victory Quartet, well known up and down the Pacific coast for its Fellowship Hour radio program and for its many tours during the past few years.

Seattle Pacific College, A Capella Choir, under the direction of Lawrence E. Schoenhals, who visit Salem on their Pacific coast tour will present an enthusiastic repertoire of sacred music, also including several novelties. The choir has a real message not only in song but in spoken testimony. You'll like these young people.



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**QUALITY Grocery TREATS**

HI-HO CRACKERS	23¢	Clorox Bleach	14¢
1-lb. pkg. 21¢		Qts. 14¢	
SUNSHINE Cheez-It-Crackers	11¢	1/2-gal. 22¢	
6-oz. pkg. 11¢			
SUNSHINE KRISPY CRACKERS	33¢		
2-lb. carton 33¢			
Oxydol Washing Powder	23¢		
Duz Washing Powder	23¢		
Ivory Soap	6¢		
Camay Toilet Soap	3 bars 19¢		
Wool-Foam	25¢		
Salad Vegetables	17¢		
Plum Jam	23¢		
Swift's Chopped Ham	38¢		
Peanut Butter	59¢		
Cheese Spread	20¢		
Grated Cheese	16¢		
Kraft Dinners	10¢		
Chinese Noodles	10¢		
Liquid Wax	69¢		
Pard Dog Food	10¢		
Shoestring Beets	11¢		
Cut Green Beans	13¢		

**FRUITS AND VEGETABLES**

- Oranges Sunkist Navels Dozen 49¢
- Apples Extra Fancy Newtons 2-lb. 27¢
- New Cabbage Lb. 7¢
- Carrots New, tender 2 bu. 17¢

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