

HOUSEWIVES STORY

CONTINUED FROM PAGE ONE

I have not only chosen those which are permitted on the menu, but have endeavored to choose those which are best for the food supply. I am taking for granted that those who are to buy fresh vegetables have been foresighted enough to have grown those vegetables which appear first.

A typical grocery order will be as follows:

Stew meat.
The potatoes until they can be boiled.
The sugar.
The bacon or cheese so must be used if they are to appear on the menu.
The macaroni, spaghetti or rice.
The breakfast cereal alternated with milk.
The eggs.
The margarine.
The butter.
The milk daily.

SUNDAY Breakfast
Cracked Wheat Mush with Milk and Sugar
Fruit
Cocoa for Children
Or for health's sake pure McKenzie Water.
Dinner
Mashed Potatoes
Meat and Onions with Gravy
Fresh Bread
Tea Cup
Bread Sticks
Milk for Children
Supper
Vegetable Salad
Peanut Butter Sandwiches
Eggs for Children

MONDAY Breakfast
Oatmeal, Milk and Sugar
Cakes (left over)
Toast
Milk
Coffee
Lunch
Over Meat and Gravy on Bread
Raw Vegetable Salad
Milk for Children
Dinner
Remains of meat and Tomatoes, 1/2 can

Green Onions Wholewheat Bread
Pear Salad
(Pears opened Sunday for Fruit Cup)

TUESDAY Breakfast
Brown Farina
Hot Biscuits
Lunch
Cream of Tomato Soup
Toasted Bread Croutons
Dinner
Creamed Peas in Potato Cups
Bread
Lettuce and Cottage Cheese Salad
Fruit (Canned or Fresh)
Rolled Oats Cookies

WEDNESDAY Breakfast
Boiled Rice
Milk, Sugar or Buttered, Sugar and Cinnamon.
Scrambled Eggs — Toast — Jelly
Milk
Coffee
Lunch
Raw Carrot Salad

Stewed Prunes
Lunch
Lettuce Salad
Peanut Butter Sandwiches
Sliced Fruit
Cocoa

Dinner
Creamed Radishes
Toasted Muffins
Rice and Salmon Salad
Custard or Cornstarch Pudding
Cottage Cheese Cookies

SATURDAY Breakfast
Oatmeal
Milk and Sugar
Creamed Salmon on Toast
Fruit
Lunch
Tomato Soup with Egg Noodles
Dinner
Spaghetti with Bacon and Tomatoes
Lettuce
Wholewheat Bread
Fruit
Milk

Sunday Dinner
Fruit Cup
Almost any canned or fresh fruit

can be combined to make a fruit cup though only the solid fruit should be used. Dried prunes, shredded and uncooked, a single stalk of rhubarb, cooked but unsweetened, cubed pear and any left over jam or jelly makes a tempting combination that anyone might have in the house. (There are still dried prunes and canned pears at the courthouse.)

Bread Sticks
Boil 1 cup sugar in 1/2 cup water to soft ball stage. Pour in beaten white of egg. When stiff, add half cup shredded prunes or walnut meats. Cut crust from fresh bread. Cut in 2-inch slices then once lengthwise. Dip in frosting and brown in hot oven.

Use yolk of egg for egg nog for children at supper time. As skim milk is not very palatable.

Tuesday Dinner
Lettuce and Cottage Cheese Salad
Since skim milk is often given in place of whole milk or is cheaper for those who are buying it behooves the mother to find ways of using it up. Cottage Cheese is an excellent method. To two cups cottage cheese, seasoned, add equal amount chopped lettuce and green onion. Serve on lettuce leaves.

Wednesday
Baking day. Put beans on while bread is baking to conserve fuel. Cracked wheat for Thursday breakfast can be put on while potatoes are baking.

Friday
Creamed Radishes
Slice red radishes thin without peeling. Boil ten minutes and serve in a thin cream sauce.
Rice and Salmon Salad
Boil rice while cooking breakfast. Mix equal parts cold rice and salmon. More rice can be used. Serve cold on lettuce leaves. Save a few spoonful salmon for creaming for breakfast the next day.

Cottage Cheese Cookies
2 Cup Flour after sifting.
1/2 lb. Shortening or Margarine
1/2 lb. Cottage Cheese.
Mix shortening with knife. Then mix in cottage cheese. Roll out thin. Spread on jelly and nuts cut fine. Roll like a jelly roll and cut in 1/2-inch slices.

Swim Classes to Be Held at Anchorage
Swimming classes being conducted under the annual learn to swim program of the Lane County Red Cross will be changed from the university pools to the Anchorage pool, beginning Monday, June 19, it was announced Friday by Frank Riggs, chairman of the committee in charge of the event.

Hal Hutton will continue as instructor and classes will continue in the same order during the morning but there will be no afternoon classes. A class for business men will be held in the evening, however.

There will be room for a few new students in the classes, it was announced.

There will be no registration fee for the second week, but a daily charge of ten cents for locker and pool charges will be made.

GRANGE TO MEET
The Willakenzie grange will meet Saturday night at 8:15 o'clock. The music committee will have charge of the program.

Nitroglycerin, the powerful explosive, is also one of the most potent heart stimulants known.

HENRY'S MARKET

544 E. 13th St. Phone 1710

We Deliver HERE ARE JUST A FEW OF THE SPECIALS FOR SATURDAY ONLY

New 1 1/2 minute MIXER and 1 Pint WESSON OIL

Whip with one hand ... pour with the other. each for **49c**

SUGAR—PURE CANE 100 pound sack \$4.95 10 pound sack 50c	FISHER BLEND FLOUR 49 pound sack \$1.29 PURITY FLOUR 49 pound sack \$1.19
M. J. B. COFFEE 1 lb. 29c 3 lb. 85c	PEET Granulated Soap Med. Size Pkg. 15c
NORWEGIAN SARDINES 2 North Star Brand for 15c	SHORTENING 2 pounds 19c

A GOOD VARIETY OF FRUITS AND VEGETABLES
STRAWBERRIES **3 BOXES FOR 25c**

YOU WILL SAVE MONEY TRADING AT HENRY'S OPEN EVENINGS AND SUNDAYS

And Why Not...

Lane County Housewives who have been buying at "Affiliated Buyers" Stores find that their food budget goes farther. . . at the same time they are putting fine foods on their table—the kind we all like to eat. Check the list below and buy from your nearest grocer Saturday.

SATURDAY AND MONDAY SPECIALS

SUGAR

Pure Cane, Fine Granulated

10 lb. Paper Bag **52c**

Whip with one hand ... pour with the other

The recipe is in the mixer

New 1 1/2 Minute Mayonnaise Maker and 1 pint Wesson Oil, both for **49c**

CALUMET Baking Powder

"Double Action"
Use it for your shortcake.

1 lb. Can **25c**

Campfire Marshmallows

for Your Picnic

1 lb. Package **23c**

ASSORTED MARSHMALLOW FLUFF COOKIES

An N. B. C. Product

Pound **15c**

H. D. MUSTARD

Makes Your Sandwiches Tastier

Large 17 oz. Jar **15c**

Baker's Premium Chocolate

1/2 Lb. Cake **22c**

FREE—1 Baking Tin with each purchase.

Mother's Oats

Quick or Regular with China or Crystalware

Large Pkg. **24c**

OTTER SHRIMP

Fancy Large

2 Cans **25c**

PEN-JEL

For making Perfect Jams and Jells

2 Pkgs. **29c**

RAISINS

Thompson's Seedless

4 lb. Bag ... **23c**

M. J. B. COFFEE—31c
1 lb. tin

SALAD-AID—17c
Pint jar

ITALIAN PRUNES—19c
2 1/2 can in heavy syrup, 2 for

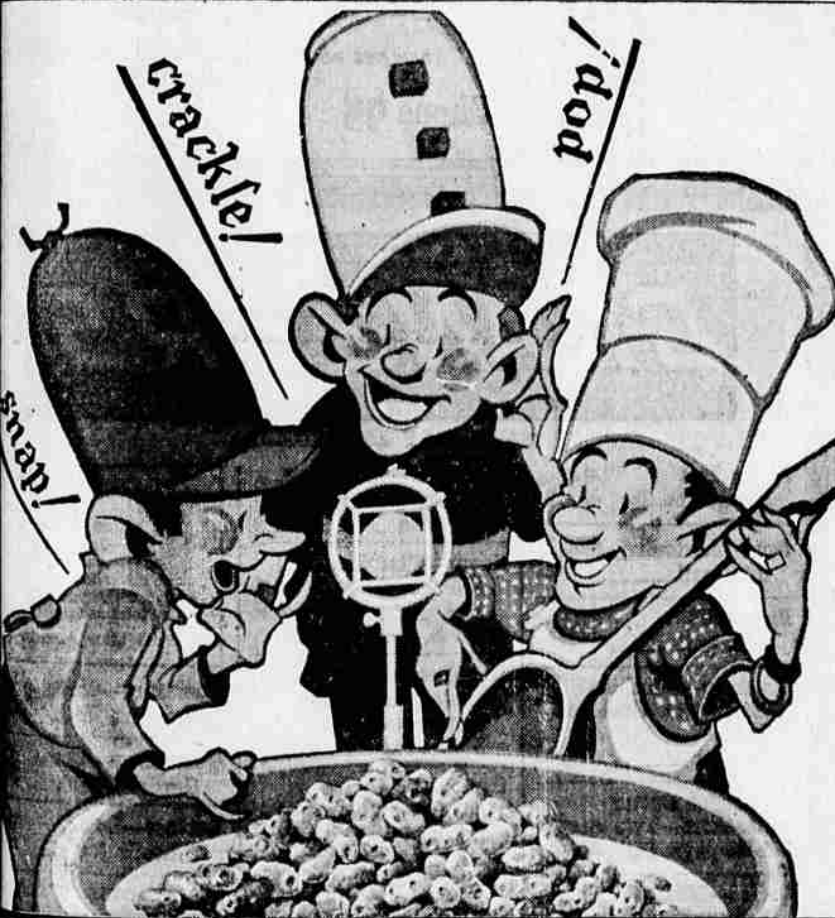
WHITE STAR TUNA—33c
No. 1 tin, 2 for

LAOGA RIPE OLIVES—10c
No. 1 tin

IVORY SOAP—25c
Medium size, 4 bars

KELLOGG PEP or RICE KRISPIES—19c
2 for

H. D. PEAS—Tiny sifted, 2 cans **35c**



An invitation that is hard to resist...

Listen! get hungry

IN MAKING Rice Krispies, the Kellogg Company in Battle Creek produced a ready-to-eat cereal that has won millions of friends.

Those crunchy bubbles of rice look so inviting when you heap them in a bowl. As you pour on milk or cream the way they snap, crackle, and pop is an appeal that seems to say—"Listen! . . . get hungry." And every spoonful you eat is a thrill in flavor.

Countless mothers depend upon Kellogg's Rice Krispies because their flavor and crispness are always welcomed by children. And since Rice Krispies are nourishing and easy to digest, they are a fine food for any meal.

Grown-ups, too, delight in their crunchy goodness. Fine for breakfast, luncheon, or light snacks. Economical. Quality guaranteed.

HERE ARE THE AFFILIATED BUYERS STORES IN THIS TERRITORY

Look for the AFFILIATED BUYERS Sign.

* STORES MARKED THUS HAVE MEAT DEPARTMENT

* MOSS ST. GROCERY
17th & Moss—Phone 2084

JURGENS GROCERY
8th & Olive—Phone 183

* WILLIAMS & OTTMAN
197 Washington—Phone 29

* RICE'S GROCERY
380 W. 13th—Phone 2102

* SHISLER'S GROCERY
304 E. 13th—Phone 983

* DRURY & DRURY
Coburg

OLSON'S GROCERY & CONFECTIONERY
Creswell—Phone 125

All Stores Listed are Home Owned and Pay Taxes in Lane County

Watch for our Ad each week in this paper

* SHEPARD'S GROCERY
1201 W. 11th—Phone 780

* GARRETT'S GROCERY AND MARKET
1459 E. 13th—Phone 2072

SAWYER'S GROCERY
4th & Monroe—Phone 1631-J

* 11TH AND GRANT STREET GROCERY
Phone 3206-W