

**Optometric Meetings Take Two to Portland**

Dr. Samuel H. Tyler of Eugene attended a Saturday meeting in Portland of the American Optometric Assn., Visual Safeguard Dept., where representatives from the Northwest were given details of available appliances and methods and policies for use in safeguarding vision in industry. Mrs. Don Erwin Jones of Eugene, attended a state board meeting of the Woman's Auxiliary to the Oregon Optometric Assn., also in Portland Saturday. She is third vice president and public relations chairman of the state auxiliary. Among many topics of discussion, plans were made relative to the Northwest Congress of Optometry in December.



**RUBBLING HOT** and rich, this casserole tempts folks right to the table. Macaroni, rich red tomato soup, cheese and ground beef blend flavors in this Tomato Beef-Aroni Casserole.

**Serve a Casserole For Harvest Supper**

Harvest season is the golden time of plenty. Sheaves of wheat, corn, plump pumpkins and squash, ruddy apples and pears pour into the storage centers of the country. During these glorious autumn days, celebrate the bountiful crop with a harvest supper. For the family or for a guest affair, create atmosphere whether you live in a skyscraper apartment or in a country cottage. Cover the table with a homespun cloth. Deck it with a harvest centerpiece—a bowl or basket spilling over with apples, squash, bright ears of corn, autumn leaves. Plentiful and colorful is the description that should fit the food. Have heaping, luscious casserole for the main item. Fill up the casserole with a medley of tender macaroni, rich tomato soup-sauce, browned ground beef,

shavings of mellow cheese. Call it . . .

**Tomato Beef-Aroni**  
 1 pound ground beef  
 1/2 cup chopped onion  
 1/4 cup chopped green pepper  
 2 tablespoons shortening  
 1 can (1 1/4 cups) condensed tomato soup  
 2 cups cooked macaroni (1 cup uncooked)  
 1/2 cup shredded sharp process cheese  
 1 teaspoon prepared mustard  
 Brown beef, onion and green pepper in shortening; stir in remaining ingredients; heat on top of range or bake in a moderate oven (375°) about 25 minutes. Sprinkle cheese on top, if desired. 6 servings.

**Showers Honor Sherry Nestell**

Miss Sharleen (Sherry) Nestell, who will be married soon to Donald Erne, has been honored at several bridal parties recently. A miscellaneous shower was given at the home of Mrs. Harold Graham with Mrs. Roy Roe and Mrs. Jack George, as co-hostesses. The home was decorated with fall flowers. Mrs. Leslie Hardie cut the cake which was decorated with the couples names and carried the chrysanthemum theme. Mrs. Willis Beebe poured coffee.

The following guests were invited: Mrs. Loyd Sims, Mrs. Willis Beebe, Mrs. L. B. Hughes, Mrs. David Carmiencke, Mrs. Karl Wagner, Mrs. Arthur Erickson, Mrs. George Thorpe, Mrs. Leslie Hardie Mrs. Howard Ormiston, Mrs. Gene Thaxton, Mrs. Ray Statzer, Mrs. C. Jackson, Mrs. Ed Panter, Mrs. R. B. Johnson, Mrs. Curtis Lindsay, Mrs. Guy Green, Mrs. Wilbur Turner, Mrs. Elbert Hixon, Mrs. F. W. Dempsey, Mrs. John Wellnitz, Mrs. L. L. Small, Mrs. Les Myers, Mrs. Ralph Russell, Mrs. John Sanders, Mrs. Cecil Atkins, Mrs. Elmer Wangerin, Mrs. F. M. Brown, Mrs. H. T. Marxen, Mrs. Ken Erne, Mrs. Robert Marxen, Mrs. Earle Nestell, Miss Joan Marxen, and Miss Lorette Erne.

Miss Nestell also was given a miscellaneous shower at the home of Mrs. Robert Marxen, assisted by Miss Joan Marxen. Mrs. Marxen decorated the serving table with decorations from her recent marriage. Guests included: Mrs. F. M. Brown, Mrs. H. T. Marxen, Mrs. B. O. Brown, Mrs. R. C. Oster, Mrs. Arthur Hogan, Mrs. R. E. Brown, Mrs. M. A. Sanchez, Mrs. W. McGuire, Mrs. Gordon Johnson, Mrs. Kenneth Erac, Mrs. Earle Nestell and Miss Marjean Marxen, Lorette, Erne, Elaine Oster and Sharon Erne.

**Chi Omega Delegate Sees Inauguration**

Mrs. LaRue Bowker of Omaha, Neb., national treasurer of Chi Omega sorority, was an overnight guest at the chapter house on the University of Oregon campus Monday. She was the sorority's official representative to the inauguration of the university's new president, O. Meredith Wilson.

**MEN LIKE THESE:** slices of American cheese on rye topped with dill pickle.

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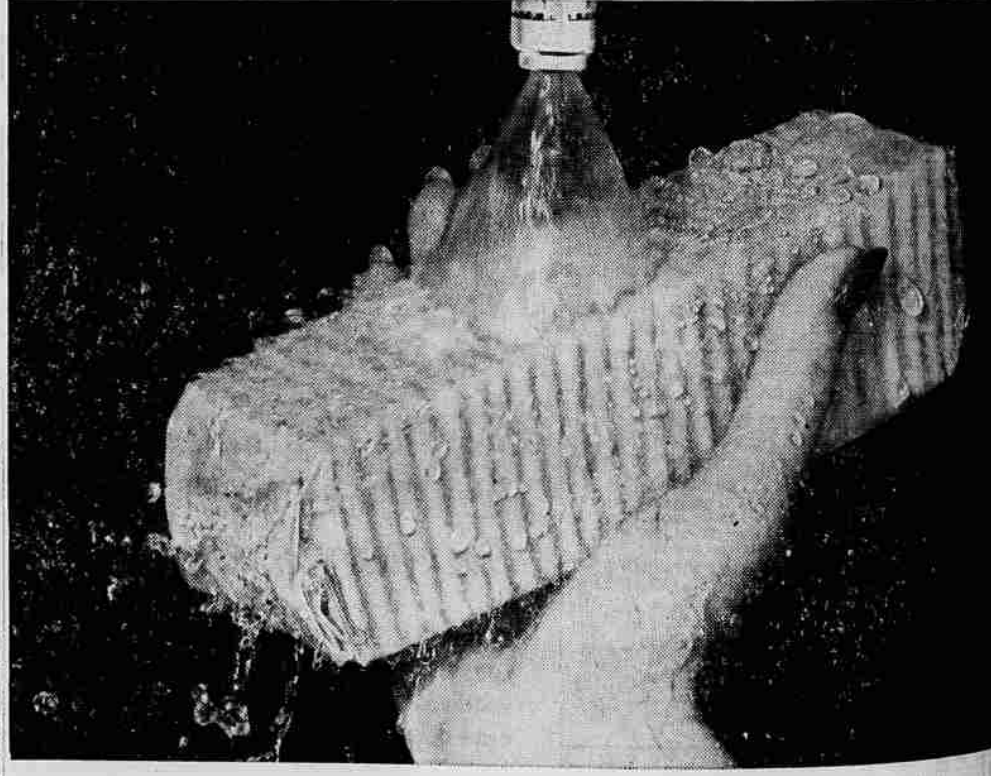
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