



WAR VETERANS GO TO ALBANY

A delegation of Salem members of the Veterans of Foreign Wars of U. S. with auxiliary members and friends is expecting to attend an entertainment in Albany Friday evening, put on by the Albany post. The affair is to take place in the Rensselaer theater of Albany and is entirely without cost to the public.

Bryan H. Conley, former commander of Marion post, and now department chaplain will be one of the speakers. Others expected to be in the neighboring city for the occasion are Cleo F. Hogan, service officer for the V. F. W. Dr. Paul I. Carter, regional director of the veterans' bureau in Portland.

The program will begin at 8 o'clock, and at 8:30 a radio hour sponsored by the national organization, Veterans of Foreign Wars will be heard. This is scheduled to include a talk by the Hon. Wright Patman, congressman said to be well versed on veteran legislation; selections by the United States marine corps band and other musical organizations. As a novel feature of the evening, Commander-in-Chief Harold D. DeCoe of the V. F. W. will give the obligation to a nation-wide class of recruits. Linn post of Albany has invited the Salem post to bring their candidates to participate in this event. It is understood, approximately 500 posts in the United States and territories will be represented in the "Chief's" class, it is estimated.

The radio hour will be released on the Pacific coast by the Gold network of the National Broadcasting company, station KEX handling the feature in Portland.

The program will begin at 8 o'clock, and at 8:30 a radio hour sponsored by the national organization, Veterans of Foreign Wars will be heard. This is scheduled to include a talk by the Hon. Wright Patman, congressman said to be well versed on veteran legislation; selections by the United States marine corps band and other musical organizations. As a novel feature of the evening, Commander-in-Chief Harold D. DeCoe of the V. F. W. will give the obligation to a nation-wide class of recruits. Linn post of Albany has invited the Salem post to bring their candidates to participate in this event. It is understood, approximately 500 posts in the United States and territories will be represented in the "Chief's" class, it is estimated.

The radio hour will be released on the Pacific coast by the Gold network of the National Broadcasting company, station KEX handling the feature in Portland.

SOCIETY

Devoted to various phases of the life in the days of George Washington with several papers being prepared for the program. The place of meeting will be announced later. The evening will conclude with refreshments being served by the hostess, with Mrs. Leroy E. Dike presiding at the coffee urn.

State Auxiliary Head Travels East

Sheridan—Mrs. Otto W. Heider, junior past president of the Oregon American Legion Auxiliary, will leave Monday, January 25 for points east in connection with auxiliary work.

Her destination will be first Indianapolis to attend the meeting of all the state presidents of the auxiliary, which will be in session for three days. Mrs. Heider's stop will be in Washington, D. C., where she will represent Oregon in a national defense gathering which will convene in the capitol city for three days.

Mrs. Heider will be gone for three weeks.

In honor of the birthday anniversary of Francis H. Hill, a party of friends and relatives surprised him at his home on East Nob Hill Tuesday evening. Cards and music furnished the diversion for the evening. Those complimenting Mr. Horeth were Mr. and Mrs. M. S. Bunnell, Mr. and Mrs. W. E. Ryan and son Billy, Margery and Ruth Ann Horeth, Mrs. Daisy McIntyre, Mr. and Mrs. M. F. Ryan and daughter Betty, all of Salem, Mr. and Mrs. E. Ziellinski of Sheridan, Mr. and Mrs. H. N. Huntley, J. S. Stephens, Mr. and Mrs. H. H. Huntley and children, Eldridge and Carol of Stayton, and the hostess, Mrs. Horeth.

Refreshments were served at a late hour.

Brooks—Mr. and Mrs. Paul Riggs were welcomed home from their wedding trip, when a large group of their friends gathered at the home of his parents and surprised them with a noisy old fashioned champagne party. In the group were Misses Edna Leisher, Helen Sargent, Ina Leisher, Edna Brown, Rose Adelman, Jane McCollum, Florence L. White, Olene McCollum, Alfred Bowley, John J. Henry, Frank Adelman, P. Miller, R. E. McDougal, John Leisher, George Bicker, John Dunlap, Rudolph Henry, James Riggs, Jr., Richard Hess, W. Belmont Russell, Roy Brown, Clyde Phillips, Iris Isham, Waldo Levey, Ellis P. McDougal, Ruel E. Bradford, George Harris, Floyd Lander, Mr. Sterling, Mr. and Mrs. Luke Brown, Mrs. Jennie Virasola and sons, Tommy and Landon, Miss Lena Riggs, Lloyd Mendonca, Hugh Cuttsford, William Piau, Chauncey McDougal, H. C. Ritchey, Tony Adelman, John Adelman, Tony Schlechter, Ray Stewart, Martin Schlechter, R. A. White and Mr. and Mrs. James Riggs.

Mr. and Mrs. A. E. Johnson of Adin, California, were week-end guests at the home of Mrs. Johnson's sister, Mrs. John H. Bosch. Other guests included Mr. and Mrs. H. C. Shields of Salem.

Hubbard—The Hubbard Women's club was entertained Wednesday afternoon at the Pacific highway. Mrs. Lucie Moorman and Mrs. Sadie Rich assisted in entertaining. Mrs. Kathleen Beckman of Salem, who was given a life membership in the club in appreciation of her work done as the first president of the club, was present to thank the club for the gift.

The affair call brought out many stories of pleasant childhood memories. Three papers on "Youth" were read by Mrs. Eifa Bell, Mrs. Kathryn Will and Mrs. Amanda Grimm. Little Miss Marie Boje, daughter of



RAINEY STUDIES INDIAN STATUS

The Indians of the plains are the least susceptible to disease, while those who inhabit the northwest states apparently are attacked more frequently than any others who live in the United States west of the Mississippi and in Alaska.

This is the conclusion of Cecil D. Rainey, a post graduate student at Willamette university and an employee of the Chemawa Indian school who has made a study of diseases among students at the school over a period of three years. Three hundred and fourteen students who were hospital cases during the three years were classified by Rainey according to disease and geographicality. Of this number 27 were from Alaska, 46 from the Pacific northwest, 18 from California, 148 from the Rocky mountain states and 75 from the plains, east of the Rocky mountains.

Students from the Rocky mountain country are more susceptible to diseases of the lungs and air passages, although the northwest is a close second and the report shows, with 52 for the 148 students from the former and 29 from the 46 from the latter. The plains record is exceptionally low, being 4 for the 75 students represented.

Skin diseases are the most prevalent, Rainey says, both the parasitic and the contagious variety. Scabies, or itch-mite, is very prevalent 183 cases. "It is a disease of sanitation," Rainey's review states, "but a body with low resistance is most apt to be slow in recovery. Here again the greatest resistance and the greatest cleanliness are found among the Indians of the plains, the Alaskan students are the next, and the groups from the Pacific northwest and the Rocky mountains are the least resistant and the dirtiest."

Veneral diseases are almost entirely absent, but six cases being reported.

Rainey summarizes his results as follows:

Twenty-seven Alaskan students acquired 34 diseases; 46 Pacific northwest students, 150 diseases; 148 California students 62 diseases; 148 Rocky mountain students, 471 diseases; and 75 plains students of the plains, 52 diseases.

In every group the girls are slightly more susceptible to disease than the boys, apparently, but considering the fact that there are somewhat more girls than boys in the schools, Rainey believes that the difference is not as pronounced as indicated.

"The average of diseases per pupil show that the Indian students from those tribes living east of the Rocky mountains are very resistant to every kind of disease," Rainey states. "The Alaskans are second. The other three groups average one disease per pupil per year. That is, they get everything coming along."

The next meeting will be held at the home of Mrs. Audrey Wells when a speaker will be present.

Hayesville—Mrs. C. J. Stupfel complimented her husband with a surprise party on their 18th wedding anniversary Monday evening. A large group of friends called for several hours of cards and social conversation. Joe Schneider won first prize at cards, with second going to Father Ideonise. Mrs. Stupfel was assisted in serving by her daughter, Delephine.

In the group were Mr. and Mrs. C. A. Zielinski, Mr. and Mrs. Jack Bailey, Mr. and Mrs. Frank Clark, Mr. and Mrs. Max Woods, Mr. and Mrs. B. C. Zielinski, Mr. and Mrs. Charles Andersen, Mrs. Charles Dasch, Miss Marie Roddy, Mr. Fisher, Francis Roddy, Father Ideonise of Chemawa, Joe Schneider, Mr. and Mrs. C. J. Stupfel and children.

Independence—A covered dish luncheon marked the opening of the day's program for the Women's club on Tuesday afternoon, which was well attended. Mrs. O. A. Kremer gave a current event topics; Mrs. Edna Irvine sang two numbers, accompanied by Mrs. Valen Guild. The speaker of the afternoon was Mrs. Zelta Rodenwald, from the Oregon State college.

Special guest of the club was Mrs. Joe Rogers of the Oak Point district, who is publicity chairman for the Polk County Federation of Women's clubs. It was announced that on February 19 a play would be given by the club as a benefit. "The Intimate Stranger" is the title of the play and it will be directed by Mrs. Dixon.

West Salem—Mr. and Mrs. Guy Newgent entertained at their home on Kingwood avenue, Wednesday with an evening of music and "509". Cards were in play at four tables with the high scores going to Mr. and Mrs. J. A. Gosser. Eugene Krebs received the consolation prize. At a late hour refreshments were served by the hostess.

Those present were Mr. and Mrs. W. L. LaDue, Mr. and Mrs. J. M. Fisher, Mr. and Mrs. E. L. Miller, Mr. and Mrs. Eugene Krebs, Mr. and Mrs. P. P. Wells, Mr. and Mrs. Robert Pattison, Mr. and Mrs. J. A. Gosser, Miss Lotta W. McAdams and the hosts, Mr. and Mrs. Guy Newgent.

PEACH MELBA IS POPULAR DESSERT

"Peach Melba" or "peche Melba" in the French term it is a traditional dessert that will always be popular because it is so delectable, and such a perfect climax to a well-planned dinner. The dessert requires only a can of peaches, one quart of vanilla ice cream and three-fourths cup of raspberry syrup.

Arrange peaches and ice cream in separate glass bowls and pass to each guest with raspberry syrup in a sauce bowl. Another method of serving is to place a mold of ice cream in the center of a large round plate, arrange peaches around the mold and pour raspberry syrup over both ice cream and fruit.

CALAVO SALAD FOR LUNCHEONS

Calavos of excellent quality are being featured on local markets and are economically priced this season. A distinctive salad has been created, with calavos as its base, by a chef of a famous eastern restaurant, and is as follows:

Arrange sliced peeled alligator pear and thin slices of pineapple alternately and overlapping each other on a half heart of romaine. Sprinkle over this diced apple and a little green pepper, (blanched, peeled, and chopped). Serve with following dressing: Two uncooked egg yolks, one tablespoon of lemon juice, one dessert spoon of olive oil, one-half teaspoon of sugar, four chopped walnuts, one drop of tabasco sauce, and salt to taste.

If gum gets stuck in a child's hair loosen it with olive oil applied with the fingers. Of course the hair will have to then be shampooed.

London women are watching American styles.

Our HEALTH Foods Keeps That PEP in His Step and Will Do the Same for YOU

Remember The TINY CAFE 139 N. High St.—Phone 3718



STUFFED CELERY HORS D'OEUVRES

One of those "different" touches that make a dinner or a luncheon is celery stalks stuffed with lobster, a little extra that comes under the hors d'oeuvres class or as an accompaniment for special salads.

The recipe calls for:

2 stalks celery
1 can lobster paste
2 tablespoons butter
1 teaspoon Worcestershire sauce
2 drops Tabasco sauce
1 teaspoon German mustard
Separate celery and clean. Cream butter and mix with lobster paste and seasoning. Fill celery stalks with mixture.
Egg yolk may be used instead of celery.

SPANISH RICE IS TASTY BREAKFAST

Half of Oranges
Cooked Wheat cereal and Top Milk
Buttered Toast Coffee
(Milk for the children)
Luscious
(If dinner is served at noon use the luncheon mix for supper.)
Buttered Biscuits
Bread
Milk
Peanut Cookies
Spanish Rice
Buttered Cabbage
Bread
Apple Salad
Sweet Beans Tea
(Milk for the children)

PEANUT COOKIES

1/2 cup fat
1 cup sugar
1/2 cup milk
1-2 cup vanilla
1-2 teaspoon salt
1-2 cup flour
1-2 cup brown sugar
1-2 cup peanut butter
1-2 cup flour
1-2 cup baking powder
Cream the fat and sugar. Add egg and milk. Beat 2 minutes. Add rest of ingredients. Drop portions from end of spoon onto greased baking sheets and bake 12 minutes in moderate oven.

SPANISH RICE

1/2 pound salt pork
1-2 cup chopped onions
1/2 cup boiled rice
1/2 teaspoon salt
1/2 teaspoon celery salt
2/3 cups tomatoes
Cut pork into small pieces. Heat in frying pan and add and brown onions and rice. Add rest of ingredients. Cook slowly and stir frequently 20 minutes.

BUTTERED CABBAGE

4 pounds cabbage
2 quarts water
2 tablespoons salt
1/2 teaspoon paprika
1/2 teaspoon butter
Wash cabbage, remove outer leaves and core. Cut cabbage into shreds and add water and salt. Boil quickly 20 minutes. Drain and chop with knife. Add rest of ingredients and heat. Serve at once.

LOOSEN FRUIT COVERS

To loosen fruit jar covers, immerse the jar, top down, for two minutes in boiling water. Wipe dry and the tops will move easily.

ENERGY FOODS

Cooked oatmeal, cornmeal and wheat cereals should be served daily. They are a cheap source of energy.



Midget Market

Originators of Low Prices 351 State St.

YOU DO NOT PAY for a lot of "free" service and credit that the other fellow gets, when you trade at this market. We operate a complete packing plant in connection with our market, which enables us to supply retail quantities at wholesale prices. From the way our business has grown since we have adopted this policy proves to us that our system is appreciated.

Regular Prices—Not "Specials"

Prima Beef Roasts 10c lb.	Choice Sirloin Steak 12 1-2c lb.
Young Pig Pork Roast 8c lb.	Dainty Lean Loin Chops 12 1-2c lb.
Fresh Ham Roast 12 1-2c lb.	Young Pig Pork Steak 11c lb.
Milk Fed Veal Steak 15c lb.	Milk Fed Veal Roast 12 1-2c lb.
Sugar Cured Bacon Back 12 1-2c lb.	Mild Sweet Hams 15c lb.

These cuts are from the finest young porkers that Oregon produces.

Our meats are slaughtered, cured and smoked right here in Salem. "What Salem makes Salem"

Useless to pay more—Risky to pay less

Out of consideration to our employes we close at 6 p. m. On Saturdays at 7 p. m.

HARRY M. LEVY



CORN SOUP

2 cups corn
3 tablespoons chopped onions
3 tablespoons chopped celery leaves
1/2 teaspoon pepper
1 teaspoon salt
1 cup milk
1 tablespoon butter
Mix corn, onions, celery leaves, pepper, water and salt. Cover and cook 20 minutes. Add rest of ingredients and cook 2 minutes.

EGGLESS RAISIN NUT CAKE

1/2 cup sugar
1/2 cup oil
1/2 cup molasses
1/2 cup sour milk
2 teaspoons cinnamon
1 teaspoon cloves
1/2 teaspoon nutmeg
1/2 cup raisins
1/2 cup nuts
1/2 cup flour
1/2 teaspoon soda
Cream the fat and sugar. Add rest of ingredients and beat 2 minutes. Half fill greased muffin pans or paper cups and bake 25 minutes in moderately slow oven.

BAKED PORK CHOPS BETTINA

8 loin chops, cut 2-3 inch thick
1/2 cup flour
1/2 cup butter
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 cup water
Sprinkle chops with flour, salt, paprika and celery salt. Fit into a baking pan and add rest of ingredients. Cover and bake 50 minutes in moderate oven. Baste chops during cooking.

EGGLESS RAISIN NUT CAKE

1/2 cup sugar
1/2 cup oil
1/2 cup molasses
1/2 cup sour milk
2 teaspoons cinnamon
1 teaspoon cloves
1/2 teaspoon nutmeg
1/2 cup raisins
1/2 cup nuts
1/2 cup flour
1/2 teaspoon soda
Cream the fat and sugar. Add rest of ingredients and beat 2 minutes. Half fill greased muffin pans or paper cups and bake 25 minutes in moderately slow oven.

BAKED PORK CHOPS BETTINA

8 loin chops, cut 2-3 inch thick
1/2 cup flour
1/2 cup butter
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 cup water
Sprinkle chops with flour, salt, paprika and celery salt. Fit into a baking pan and add rest of ingredients. Cover and bake 50 minutes in moderate oven. Baste chops during cooking.

EGGLESS RAISIN NUT CAKE

1/2 cup sugar
1/2 cup oil
1/2 cup molasses
1/2 cup sour milk
2 teaspoons cinnamon
1 teaspoon cloves
1/2 teaspoon nutmeg
1/2 cup raisins
1/2 cup nuts
1/2 cup flour
1/2 teaspoon soda
Cream the fat and sugar. Add rest of ingredients and beat 2 minutes. Half fill greased muffin pans or paper cups and bake 25 minutes in moderately slow oven.

BAKED PORK CHOPS BETTINA

8 loin chops, cut 2-3 inch thick
1/2 cup flour
1/2 cup butter
1/2 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
1/2 cup water
Sprinkle chops with flour, salt, paprika and celery salt. Fit into a baking pan and add rest of ingredients. Cover and bake 50 minutes in moderate oven. Baste chops during cooking.

EGGLESS RAISIN NUT CAKE

1/2 cup sugar
1/2 cup oil
1/2 cup molasses
1/2 cup sour milk
2 teaspoons cinnamon
1 teaspoon cloves
1/2 teaspoon nutmeg
1/2 cup raisins
1/2 cup nuts
1/2 cup flour
1/2 teaspoon soda
Cream the fat and sugar. Add rest of ingredients and beat 2 minutes. Half fill greased muffin pans or paper cups and bake 25 minutes in moderately slow oven.

Seven motion picture films made in Russia were shown in Germany in the 1927-28 season.



NEW CROP DATES SUGGEST CAKES

The new crop of dates just coming into the markets make a recipe for date cake a timely one, and the product is sure to be enjoyed by the entire family. The recipe follows:

DATE CAKE
2 cups sifted pastry flour
1/2 teaspoon salt
2 teaspoons baking powder
1/2 cup butter
1 cup boiling water
1 cup dates, seeded and chopped
1/2 cup butter or other shortening
1 cup sugar
2 egg yolks, well beaten
1/2 teaspoon vanilla
1 egg white, stiffly beaten
Sift flour once, measure, add salt and baking powder, and sift together three times. Pour water over dates and set aside to cool. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then flour and date mixture alternately, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg white. Bake in greased pan 7x11x1 inches, in moderate oven 350 degrees F, 40 minutes. Sprinkle with powdered sugar or frost with seven-minute frosting.

A WINTER SUNDAY MENU

Breakfast
Chilled Orange Juice
Waffles and Maple Syrup
Baked Biscuits
Coffee
Dinner
Roast Chicken
Mashed Potatoes
Buttina
Bettina
Gilet Gravy

SAFEGWAY STORES
DISCOUNT PRICES

GREATER SAVINGS
For Fri., Sat. & Mon., Jan. 22-23-25

Ginger Snaps Fine fresh stock 3 lbs. . 25c	Fig Bars Fresh stock Buy all you want 3 lbs. . 19c	COFFEE Good coffee at a saving. Always fresh Lb. . . 17c
CHEESE Fancy full cream at a real saving. Save at Safeways 2 pounds . . . 29c	OYSTERS Standard quality. 5 oz. can 3 for . . 25c	Oranges Orange prices are advancing. Buy now large. Navel, Sweet and Juicy. Per case \$1.98
SPUDS The fine Burbank variety. Grown here in Salem. 50 lb. sack 39c	SALAD OIL There is a difference in oils Quarts 19c Bring your containers	Mayonnaise Best Foods. The best at lowest prices Pints . . 25c
Flavo-Jell The real dessert. All flavors Pkg., ea. 5c	FLOUR Safeway hardwheat makes more and better bread. Every sack guaranteed 49 lb. sack . . 99c	PAR The perfect concentrated soap 3 cans 25c Lg. pkg. 35c
Cottage Rolls Same cure as ham, nice and lean. Half or whole. Lb. . . 14c	Choice Meats Market Features	Oysters More and more of those good oysters Pint . . 25c
Beef Cubes Cut from choice young beef. Braize or boil 2 lbs. . 25c	Rabbits Young and tender, to fry or bake Lb. . . 19c	Lard Pure open kettle rendered The very best 3 lbs. . 25c

Trade at Safeways—they are Your Community Boosters

Store No. 37 162 N. Commercial Phone 6169 \$1.00 Orders Not Including Features DELIVERED FREE

Store No. 519 270 N. Commercial Phone 9432