



# FOOD & MARKET PAGE



## SENIORS FIRST IN TRACK MEET OF SALEM HIGH

The seniors won the inter-class track and field meet of Salem high school Thursday afternoon on Sweetland field by scoring 76 points. The juniors were second with 24 and the sophomores third with 20.

Kenneth Filsinger, one of the fastest men in high school, was responsible for four first places, winning the 100 yard dash, the 120 high hurdles, the 220 low hurdles and the 220 yard dash. On top of that he was a member of the senior relay team which won that event.

No records were broken, while a cold wind proved disagreeable to the contestants.

The summary:

100 yd. dash—Filsinger, senior, first; Bernardi, senior, second; Dickson, soph., third. Time, 11.2.

220 low hurdles—Filsinger, Sr.; Moshier, Sr.; Benjamin, Jr. 33.

High jump—Burgoyne, Sr.; Hauser, Jr.; Baker, Jr.; Johnson, Jr. 5 ft. 3 in.

Broad jump—Moshier, Sr.; Yeater, Jr.; tied for first; Baker, Jr.; Barnes, Soph. 16 feet.

Shot put—Yeater, Jr.; Smith, Sr.; Harnage, Jr.; Martin, Sr. 40 ft. 3 in.

440 yd. dash—Moshier, Sr.; South, Soph.; Smith, Soph.; Baker, Jr. 60.

Pole vault—Hauser, Jr.; Matherly, Soph.; Corey, Sr.; Burgoyne, Sr. 8 ft. 4 in.

220 yd. dash—Filsinger, Sr.; Hughes, Sr.; Bernardi, Jr.; Martin, Sr. 26.1.

880 yd. run—Shepard, Sr.; Wyeant, Sr.; Moshier, Sr.; Cannon, Sr. 2:18.

Discus—Barnes, Soph.; Yeater, Jr.; McLaughlin, Sr.; Moody, Jr. 107 ft. 4 in.

Javelin—Yeater, Jr.; Moshier, Sr.; Townsend, Jr.; Moody, Jr. 117 ft. 4 in.

Relay—Hughes, Burgoyne, Moore Filsinger, seniors. 1:48.

Jefferson Ladies' Aid Planning Tea

Jefferson—The Ladies Aid society of the Methodist church met at the home of Mrs. J. G. Fontaine Wednesday afternoon. The president, Mrs. George C. Mason, presided at the business meeting. Plans were made for a benefit tea to be given on the afternoon of April 21 at the Methodist church. A musical program will be presented and a feature of the afternoon will be a display of quilts. A social hour followed the meeting during which refreshments were served by the hostess.

Members present included Mesdames George C. Mason, Elmer Beach, J. O. Van Winkle, Earl Lynes, Charles McKee, D. Y. Hamlin, P. A. Ginn, Miss Addie Libby, and the hostess, Mrs. Fontaine.

BENEFIT BALL GAME

Scotts Mills—A benefit basketball game and the last one of the season was played here Tuesday evening between the high school boys and the town team. The high school won by one point, the final score being 20 to 19.

HUBBARD DEFEATED

Hubbard—Molalla won an 11 to 8 game Wednesday afternoon at the local school grounds. Jell and Fluke pitched for the visitors with Corbett in the catcher's plate. McArthur and Bevens pitched for the home team with Higginbotham in as catcher. Charles Moore umpired.

Falls City—Mrs. Phoebe Ward has returned home from an extended visit in Ogouille with her daughter, Mrs. Wade. Arstall and son Chester and families.

"SO HAPPY THAT I TRIED ALL-BRAN"

Delicious Cereal Brought Relief From Constipation

If you have headaches, loss of appetite and energy, sleeplessness or any other of the frequent effects of constipation, read Mrs. Schneider's letter:

"Since I have been eating Kellogg's ALL-BRAN, I don't have to take anything else for constipation. How good it is, and how much better it is for constipation than pills or any other medicine."

"I would never go back to what I used to take, because Kellogg's ALL-BRAN is wholesome and healthful."

—Mrs. John Schneider, 950 Tenth Street, Oshkosh, Wisconsin.

Constipation is usually due to lack of "bulk" to exercise the intestines, and vitamin B to help tone the intestinal tract. ALL-BRAN has both, as well as iron for the blood.

The "bulk" in ALL-BRAN is much like that of lettuce. Within the body, it forms a soft mass. Gently, it clears out the wastes.

Try ALL-BRAN in place of pills and drugs—so often habit-forming. Two tablespoonfuls daily will overcome most types of constipation. If not relieved this way, see your doctor.

Use as a cereal, or in cooking. Recipes on the red-and-green package. At all grocers. Made by Kellogg in Battle Creek.

## MENUS of the DAY

By Mrs. Alexander George

MENUS FOR SUNDAY

Breakfast

Graves, Chilled

Soft Cooked Eggs

Broiled Sausages

Muffins Coffee

Dinner

Tomato Juice Cocktail

Roast Beef and Broiled Potatoes

Buttered Carrots

Bread Currant Jam

Head Lettuce Salad

Steamed Date and Nut Pudding

Hard Sauce

Coffee

Supper

Beef Sandwiches

Chocolate Cookies

Tea

Plum Sauce

STEAMED DATE AND NUT PUDDING

1 cup chopped dates

1 cup nuts

1 cup sugar

1/2 cup bread crumbs

1/2 teaspoon cinnamon

2 1/2 teaspoons baking powder

2 egg yolks

1-1/2 cup milk

Mix all ingredients and half fill

pudding molds which have been but-

tered. Cover tightly and steam 3

hours. Unmold and serve warm.

BEF SANDWICHES

8 slices bread, buttered

4 slices roast beef

3 tablespoons pickle relish

4 pieces lettuce

4 tablespoons salad dressing

Arrange bread slices in pairs and

add portions of rest of ingredients,

and arrange sandwich fashion. Press

together firmly and cut in halves.

CHOCOLATE COOKIES

(1 Dozen)

1 cup fat

2 cups sugar

2 eggs

3 squares chocolate, melted

2 teaspoons vanilla

1/2 teaspoon cinnamon

1-1/2 teaspoon salt

4 tablespoons cream

4 cups flour

1 teaspoon soda

Cream the fat and sugar. Add eggs

and chocolate and beat 2 minutes.

Add rest of ingredients. Drop por-

tions of dough onto greased baking

sheets. Flatten down and bake 12

minutes in moderate oven.

By MRS. ALEXANDER GEORGE

RICHMOND SALAD

Breakfast

Orange Juice

Soft Cooked Eggs

French Toast

Coffee

Luncheon

Corn & Beans

Biscuits

Plum Jelly

Fruit, Chilled

Tea

Dinner

Baked Fish

Escalloped Potatoes

Bread

Richmond Salad

Cocunut Cookies

Coffee

CORN & BEANS

(Serving 6)

2 cups corn

1 cup cream

2 tablespoons chopped green peppers

2 tablespoons chopped celery

1/2 teaspoon salt

1/2 teaspoon paprika

1 teaspoon chopped parsley

1 cup milk

1 egg, beaten

4 tablespoons butter, melted

Mix ingredients and pour into

buttered baking dish. Bake 20 min-

utes in moderate oven. Serve in

dish in which baked.

RICHMOND SALAD

1 pkg. cream flavored gelatin mixture

1 cup boiling water

1/2 cup peach juice

1/2 cup lemon juice

1/2 cup diced peaches

1/2 cup seeded white grapes

1/2 cup diced pineapple

Pour boiling water over gelatin

mixture and stir until it has dis-

solved. Cool and allow to thicken

a little. Add rest of ingredients.

Pour into glass mold and chill in

cold place until stiff. Unmold, cut

## BASHOR NAMED PLAYING HEAD SENATOR CLUB

Frank Bashor, one time Oregon State and Willamette university athlete, was named Thursday afternoon as playing manager of the Senator baseball club by James H. Nicholson, president of the organization, and his board of directors. Frank Nelson, for many years grounds and equipment custodian, was selected to continue in that position. Bashor will direct the Senators during the season in competition against other State league clubs.

Bashor directed the activities of the club last season and therefore is familiar with available players in this vicinity. A number of work-outs have already been held in anticipation of a pre-season game which will be played with Stayton on the latter's diamond next Sunday afternoon. Other games of this nature will be played with Mid-Willamette Valley league teams prior to the opening of the State season scheduled for Sunday, May 21.

It is expected young men will be given preference when the personnel of the club is finally made up. "Squeak" Wilson, southpaw hurler of last season, is improving steadily. Bashor states, and should be able to keep the Senators up near the top. Other pitchers working out include R. E. Morgan, a right hander, recently arrived from the Hawaiian Islands, and "Dobey" Woods, who hurled for Willamette two years ago.

Scio Plays Shedd

In League Contest

Scio—The Scio high school baseball team has been working out daily for the opening league game which will be played at Shedd Friday afternoon. With the addition of new players and careful application to practice work, the team is looking forward to fast and successful contests within the next few weeks. Among new players who re-

ported for practice Monday are Donald Davenport, Eldin Gallegly, Donald MacDonald and Fremont Slatery. The new field near the J. L. Rodgers place in the outskirts of Scio was inspected this week with a view of making use of the diamond for games to be played here if conditions will warrant.

Scio defeated Jefferson 5 to 2 last week in the first game of the season. "The local team showed up well for so early in the season" Coach H. M. Beal declared.

School Has Party

Jefferson—The freshman class of Jefferson high school entertained high school students recently with an April fools' party at the school gymnasium. Games were played and refreshments served to about 40 students and teachers.

SALEM GOLF CLUB

HAS CELEBRATION

Celebration of the opening of the new 19th hole together with a dinner provided by the losers of a recent golf tournament will be the high spots in Friday evening's program at the Salem Golf Club. Graham Sharkey, who made a mid-night trip to Portland in order that the necessary amber colored liquid refreshments might be here on time, issued a general invitation to the public to come out and inspect the new lay out.

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