

Make Your Own Sundae Sauces

Ice Cream High on Food List

Ice cream is high in the list of wholesome nourishing foods for all ages. Children and adults, as well, like its creamy smooth texture and the many varieties of flavors now available in all ice cream stores.

The whole family will enjoy "making-their-own" sundaes at home. Simply arrange small dishes of home-made sauces, chopped nuts, toasted macaroon crumbs, coconut, crushed fruits, or homemade preserves with plenty of ice cream from the nearest store—then watch everyone enjoy their between-meal sundaes or delightful climax to any meal.

Butterscotch Nut Sundae

1 1/2 cups brown sugar, well packed.
1/2 cup light corn syrup
1/4 cup butter
1 cup cream
1/2 cup chopped nuts
1 quart vanilla ice cream

Combine brown sugar, corn syrup and butter, and boil until a few drops of the hot syrup will make a hard ball when dropped into cold water. Remove from heat and slowly add the cream, stirring until well mixed. Return to heat and cook gently for 5 minutes, or to the desired thickness. Stir in nuts. Serve sauce hot or cold over ice cream. Makes 2 cups sauce—sufficient for 6 servings.

Hot Chocolate Sauce

1 cup sugar
1 cup boiling water
1/2 teaspoon vanilla
1/4 cup chocolate
2 tablespoons butter
2 tablespoons corn syrup

Melt chocolate over hot water, add butter, corn syrup, boiling water and sugar, stirring constantly. Finish cooking over direct heat, boil for three minutes. Cool and add vanilla. Serve hot over ice cream. This sauce may be stored in the refrigerator and will keep indefinitely. May be served cold or reheated before serving.



Blueberries and Huckleberries Have Variety of Uses

By Edith M. Barber

The very sight of frosty blueberries is refreshing, and what could be better than a dish of those huge cultivated berries served with cream for dessert? There is always a controversy as to the difference between blueberries and huckleberries. The latter, strangely enough, are really bluer, at least they are darker in color and do not have the delicate frosting which looks like mist. They are later in maturing than the blueberries.

Cobblers, muffins, tea cakes and even griddle cakes become something special when a few berries are added. Perhaps you will have some left over from those which you used plain for a dessert, for lunch or dinner and there is no better place for them than a hot bread, of almost any type.

Blueberry Muffins

2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup blueberries
1/2 cup shortening
1/2 cup sugar
1 egg, well beaten
1 cup milk
Mix and sift flour, baking powder

and salt. Mix berries with flour mixture. Cream shortening, add sugar and cream until fluffy. Stir in well-beaten egg. Add dry ingredients alternately with milk, beating well after each addition. Bake in greased muffin pans in moderately hot oven, 425 degrees, about 20 to 30 minutes. Yield: Eighteen small or 12 large muffins.

Huckleberry Fudding

2 cups sifted flour
4 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
2 tablespoons butter
2 tablespoons molasses
1/2 cup milk
1 cup blueberries, floured

Mix and sift flour, baking powder, salt and sugar. Cut in butter. Combine molasses and milk and add gradually to first mixture. Stir in blueberries. Pour into greased mold and steam 1 1/2 hours. Serve with hard sauce. Yield: Six generous servings.

Individual halves of baked acorn squash take on new appeal when stuffed with a mixture of sausage meat and bread crumbs.

Amity Church Setting For Wedding

Amity—The marriage of Miss Leona Christensen and Homer Kirkwood was solemnized in the Christian church of Amity Sunday afternoon, August 17, at 2 o'clock, with the pastor, Rev. William F. Morse, officiating. The single ring ceremony was used.

Preceding the ceremony Mrs. Ray of Dallas sang "I Love You Truly," accompanied by Mrs. Ernestine Prunk of Amity, who also played Lohengrin's Wedding March.

The bride was given in marriage by her father, Henry Christensen. She wore a floor length gown of yellow organza and carried a Colonial bouquet of yellow rosebuds. Her maid of honor, Mrs. Robert Shields, wore a floor length blue taffeta dress and carried a Colonial bouquet of pink bouvardia.

Norman Kirkwood, brother of the bridegroom, acted as best man. Ushers were Robert Shields and Leon Glahn.

Following the ceremony a reception was held in the church. The auditorium was decorated with a latticework covered with ferns and flowers in front of which the bridal party stood during the ceremony. Asters and gladioluses were used as decorations.

The bride is the daughter of Mr. and Mrs. Henry Christensen of Broadmead and Mr. Kirkwood is the son of Mr. and Mrs. Eugene Kirkwood of Amity. The young couple will live on the W. R. Osborne place in the southeast part of Amity, where they will be at home after September 1.

Sweet Home Rebekahs Meet

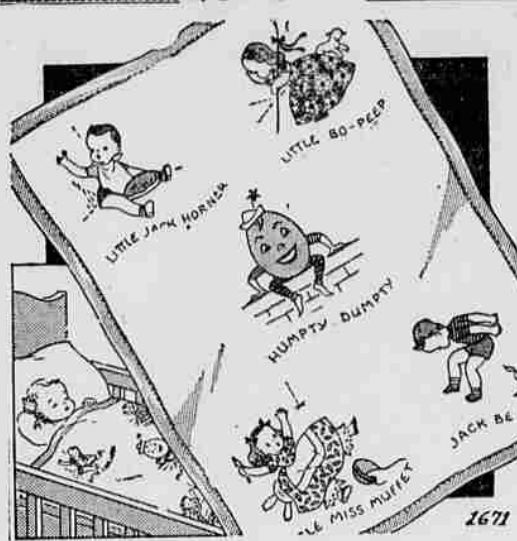
Sweet Home—Wednesday evening 22 members of Grace Rebekah lodge, No. 236, met in regular session. Two visitors were present and the regular routine of business was carried on.

Plans for the official visit of the president of the Rebekah assembly, Mrs. Myrtle M. McAlpin, were made. She will visit the lodge at the next regular meeting, August 27, at which time the degree staff, under the direction of Mrs. Adella Rolfe, captain, will initiate.

Also a committee was appointed to take care of the Rebekah float for the parade at the Sweet Home fair, to be held in September. Ruth McMasters, Anna Olson and Mae Cross served refreshments.

Mother Goose Friends to Applique

By Baroness Platon



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Five favorite Mother Goose Rhymes have furnished us with adorable little people to applique and embroider on baby's crib cover. Together they make a charming group of figures as baby could want to guard his sleep and to amuse his waking hours. Making this coverlet is so delightful and the results so satisfactory, that you will want to send for the same pattern again to make a set of pictures or bids or any number of other baby things for which the pattern is suitable. Pattern envelope contains cut-out and transfer designs for each patch or pattern; also full directions. Send 10c (coin) for No. 1671 to Capital Journal, Needle Arts Dept., 149 New Montgomery St., San Francisco, Cal.

The Woman's Bookshelf At The Public Library

Of the many newer books in your library are several which will be vitally interesting to most women. One of the most interesting is a book by Mrs. J. Borden Harriman called "Mission to the North." Mrs. Harriman was appointed minister to Norway early in Franklin Roosevelt's administration. She was one of America's first women diplomats and spent three momentous years in Norway. Her story presents the Norwegian way of life and what it offers to America. It reaches its climax in the German invasion of Scandinavia. During these days of much false evidence of what has happened in Norway, it is of real importance to know that we are receiving first-hand, reliable information from one who was there.

A new book by a well-known writer of royal biographies is "Amazon Throne" by Bertie Harding, author of "Phantom Crown," "Golden Pledge" and "Imperial Twilight." The scene of this volume is Brazil, and the subjects are Brazil's three Braganza monarchs. Through their story she covers most of Brazil's history during the nineteenth century and has spared herself no effort to bring to light the unusual and hitherto unknown. By the Brazilian government she was given access to forbidden and unexpurgated documents. She includes in her narrative spiced letters exchanged by royal lovers and many a piquant anecdote. All her carefully gathered material she shapes with the technique of a novelist, so that her story has the dramatic intensity of a fine work of fiction.

Pearl Buck's new book "Of Men and Women" is a treatise on the relations between American men and women. Coming to America after living among the Chinese she was struck almost at once by the contrast in basic relationships in these two nations. Here she saw a very different scheme of life as between man, woman and child. After several years of observation and inquiry she began to write on the subject. She began to make a book of it only after she saw that more was at stake than the happiness of individuals. Our very democracy, she believes, is threatened by the imbalance between men and women. This book is not only for young men and women planning marriage or already making a home, but also for the citizen who knows that if our democracy is to stand we must be alert for every breach at which we have to fight for it.

"The Patriotic Anthology" is a collection of prose and poetry from the current and classic, the familiar and unfamiliar in American patriotic literature. It can be very useful in the preparation of patriotic programs for school and club. Readers will recognize such old favorites as "Paul Revere's Ride," "Concord Hymn" and Lincoln's letter to Mrs. Bixby. They will discover Emerson's Intellectual Declaration of Independence, Clarence Day's story on the death of Calvin Coolidge, and Benjamin Franklin's ironical advice to Great Britain. The best of the patriotic anthems and most important documents of American history are also included.

Fresh-Picked Corn Is Always Appetite Tempter

Most of us have to do our corn-on-the-cob picking at the market. But what fun it is to help gather the smooth green-covered ears with their golden-brown tassels from the corn patch. Invitations are always eagerly accepted with even more than the usual pleasure when the host or hostess tells you that their own garden corn is ready for picking. This must not be done until just a few moments before the kettle of boiling water is ready.

When you buy corn at the market be sure that the silk is not withered, as this will indicate that the ears have been picked within perhaps the day and don't hunk it until you are ready to use it. Exposed We are getting better corn than we did a few years ago, perhaps because the trucks rush it to market and also because better varieties are constantly being developed.

When it comes to cooking be wary about the length of time which should be only long enough to set the milk. While most of us like corn-on-the-cob during the short season, it is also delicious when prepared by cutting off the kernels and cooking them in the top of the double boiler with either butter or cream. The very best succotash is made by preparing the corn in this way and then adding the lima beans, which have been cooked separately. Then there are corn pudding and corn oysters which are a sort of griddle cake which you will like to make while fresh corn is plentiful.

Quick Meal

Broiled lamb chops
Potatoes
Cream cheese
Fruit salad
Toasted crackers

Method of Preparation

Prepare steamed potatoes from cold boiled potatoes.
Prepare fruit salad and chill.
Light broiler.
Broil lamb chops.
Broil corn.
Cook corn.
Make coffee.
Toast crackers.
Corn Oysters:
2 eggs, well beaten
2 cups grated fresh corn or chopped whole kernel corn
1/2 cup sifted flour
1/2 teaspoon salt
1/2 teaspoon pepper
Mix ingredients together. Drop by tablespoonfuls on well-greased

Visitors Are Feted at Luncheon

Mrs. John J. Elliott entertained at luncheon this afternoon at her home in North Summer street for the pleasure of two out-of-towners. Guests of honor were Mrs. Thomas W. Delzell of Portland, a former Salem resident, and Mrs. William King of St. Louis, Missouri, a sister of Mrs. Delzell.

Making up the party were members of a bridge club to which Mrs. Delzell belonged when she lived here. The afternoon hours were spent informally following luncheon.

Amity—Mrs. Buckley, Mrs. Herb Gilbaugh and Miss Isabel Gilbaugh of Portland and Miss Nella Blade of Salem were Sunday guests in Amity at the home of Mr. and Mrs. E. W. Groves.

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Averting the Threatened Gasoline Shortage

By Dr. E. B. McDaniel

President, The Oregon State Motor Association

Motorists throughout the country have been alarmed by the reports that soon they will be having "gasolineless Sundays" and other forms of government rationing of gasoline. The situation is really a serious one. At the present time the east coast areas are the ones directly affected. The American Petroleum Institute has submitted a detailed report to the office of production management showing that an acute transportation problem has been caused by the transfer of oil tankers from the coastal trade to Great Britain and the United States navy.

The report emphasized that we have no fear of shortage from actual production of petroleum products but that the matter of transporting the oil to distribution centers is the problem. Even now substitute transportation systems (such as pipelines) are being completed to meet the emergency. Until these are in use next year, the shortage will be felt.

Immediately following the publication of the API report, President Thomas P. Henry of the American Automobile Association (the Oregon State Motor Association is the local affiliate) sent a letter to Petroleum Coordinator Harold Ickes including the AAA plan to prevent rationing and "gasolineless Sundays."

The AAA plan is simple and with the whole hearted cooperation of the motoring public will save up to

Miles per Hour	Miles per Gallon
20	16.7
30	18.0
40	18.4
50	18.6
60	18.8
70	19.0

Bonheur club will hold a no-host picnic Sunday, August 24, starting at 1 o'clock at the summer home of Dr. and Mrs. J. Harry Moran on the Little North Fork of the Santiam river. Members are asked to bring their own table service.

Willamette University Campus—Members of Delta Tau Gamma sorority, alumnae, members of the mothers' club and patronesses and their families will hold their annual picnic at the Dallas park Sunday. The picnic lunch will be served at 1 o'clock.



If anyone catches a whiff of these delicious chocolate wheat cookies baking in the oven, they'll be eaten up long before they reach the cookie jar. Yes, they're that good! And thanks to the wholesome National Biscuit Shredded Wheat they contain, these cookies are healthful, too—full of Vitamin B₁, the "national fitness" vitamin you hear so much about.

CHOCOLATE WHEAT COOKIES

1 cup sifted wheat flour
1/2 teaspoon salt
1/2 cup butter
1 cup dark brown sugar, firmly packed
1 egg
1/2 cup semi-sweet chocolate chips
1 teaspoon vanilla
1/2 cup crushed National Biscuit Shredded Wheat

Sift flour and salt. Cream butter and sugar thoroughly. Add egg and dry ingredients. Add chocolate, vanilla and National Biscuit Shredded Wheat crumbs. Drop by teaspoonfuls onto greased baking sheet about two inches apart. Bake in a (350° F.) oven for 16 minutes. Yield: 3 1/2 dozen



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SUGAR CURED BACON Lean Light Sides Whole or Half lb. 25 ^c			PURE PORK SAUSAGE Country Style A Breakfast Treat lb. 25 ^c		

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