

## Salad for Diet Watchers

1 cup coild water
1 package lemon gelatin
1 No. 1 can pieach halves
1 No. 1 can pieach piechunks
2 cups cottage cheese

More and more women are becoming diet conscious these days. It is the smart hostess who takes this into consideration when planning a luncheon for her women friends. A suggestion for a main course for such an occasion is Tropical Cheese Salad. It is not rich or high in calories, yet it contains the high quality pro
Sublimity

SUBLIMITY—Mrs. Adam Susbauer who became seriously ill tein of cottage cheese combined with fruit for flavor contrast. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon the bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye waters, rolls, and butter, so your luncheon, precede the salad with a cup of hot bouillon. Then with the salad, serve rye water. Pour half of mixture into a lightly buttered 1½ quart mold and refrigerate. Bread pan works well. Keep remaining gelatin at room temperature. Drain liquid from canned fruit. Add enough water to make 2 cups liquid. The valentine theme was used boiling point. Add lemon gelatin and dissolve. Add remaining fruit juice and cool. Add lemon gelatin and dissolve. Add remaining fruit juice and cool. Add lemon gelatin and dissolve. Add remaining fruit juice and cool. Add lemon gelatin and dissolve. Add remaining fruit juice and cool. Add lemon gelatin and dissolve. Add remaining fruit juice and cool. Add lemon gelatin a

SUBLIMITY—Mrs. Adam Susbauer who became seriously ill last Wednesday, is reported improving. She is now able to sit up part of the time.

Ben Toepfer left two weeks ago for Turlock, Calif., where he is doing carpenter work for his brother-in-law, Vincent Forrette. He expects to be away several weeks.

weeks.

A joint initiation of the Boy Rangers of the Catholic Order of Foresterr was held in the C.O.F. hall Thursday evening, Feb. 11.

Youth from the Stayton and Sublimity courts made up the class of 35 candidates.

The cityoffsite work was up.

The ritualistic work was un-der the direction of the Sublimity degree team.

A large crowd was in attend-The St. Boniface Hi Parent Teacher's association held their regular meeting Thursday even-ing in the parish hall.

The annual athletic banquet was discussed and plans were made which will deviate from the usual schedule. The main course will be provided by the commit-tee, with the parents adding to the potluck according to the planned menu.

A program will follow the ban-quet, which has been set for Sun-day, Feb. 28.

Earl Allbright, instructor of

State Vocational Education, com-pleted the pumper school for the Sublimity Fre Dept.

Word has been received of the death of Mrs. W. H. Tate at Pro-vidence Hospital, in Portland. She had been a patient of that hospital since last October and reports last week stated her con-dition as improving. dition as improving.

Mrs. Tate would have been 96 years old March 30.

Mr. and Mrs. Joe Zuber, Mr. and Mrs. John Heuberger, Mrs. Chris Cremer, Frank Klecker and Bernard Zuber attended the funeral of Mrs. Josie Korton at All Saints church in Portland Monday marriage.

day morning.

Mrs. Korton, who died at a Portland hospital, will be remembered as Josic Klecker who spent her early life north of Sublimity.

She was a sister of Mrs. Joe Zuber and Frank Klecker.

#### Unionvale

UNIONVALE-Mrs. Roy Martin of Westlock, Alberta, Canada, who has been a guest of her brother inhas been a guest of her brother in-law and sister. Mr. and Mrs. Clyde Hoard and family several months, has left to be a guest of her son-in-law and daughter. Mr. and Mrs. Wesley Hensley, and two daugh-ters at Mt. Vernon, Ore., en route to her home. to her home.

Mrs. Martin Braat of Unionvale has received a letter from her son-in-law and daughter, Mr. and Mrs. Vernon Estelle of Myrtle Point

Mrs. Vernon Estelle of Myrtle Point who are touring Arizona and Old Mexico on a several months trip. At present they are in Mexico City. Adolph Hraba, in charge of the frozen food plant at the U. S. Alderman farm who attended the national convention of frozen foods in New York City during the last two weeks, returned Friday. He visited relatives in St. Louis, Mo., en route home. en route home.

strawberry gelatin in mold. When set, cover with rest of strawberry gelatin and chill. Unmold on bed of greens and garnish with halves of peaches, filled with remaining 2 cups cottage cheese
Salad greens
Dissolve strawberry gelatin in apple chunks. Serves 12. cottage cheese and reserved pine-

#### Firemen Dine Wives Stock of Services. At Mt. Angel Fete

Mount Angel Fire Department were taken in Ketch own flower gardens, annual "Ladies Night" dinner, Mrs. Frank Moore w

Walter Kruse, Mr. and Mrs. Jos. enius. Troeger, Mr. and Mrs. Ted Lacy, master.

### Lebanon Schools **Plant New Trees**

LEBANON—Planting of trees, gifts from Crown Zellerbach corporation, and presentation of conservation essay awards on Arbor day, climaxed two months of

bor day, climaxed two months of conservation study sponsored by the Lebanon Garden club at Lebanon's four elementary schools.

George Schroeder, Sherwood, assistant forester of the company from the Portland office, was the speaker on all programs. Robert Beatty, also a Portland office ranger, and Tom Anderson, Lebanon Crown Zellerbach yard superintendent, were present to assist the upper grade boys plant the trees.

Green Acres and Santiam schools received Port Orford cedars, and Queen Anne and Cascade, red pines.

Essays were written by upper grade students who chose their own conservation subject. Top awards went to David Paup, Deb-bie Kingan, Betty Williams and

#### Detroit

DETROIT-A Red Cross standard first aid course will be stud-ied every Monday and Wednes-day evening at 7:00 p.m. until 9:30 p.m. in Room 9 at the De-troit School and will run for five weeks under the tutoring of Bill Page of the Oregon State Indus-trial Accident Commission of Sa-

S. T. Moore reports that 13 have registered so far and anyone wishing to take the course may contact Mr. Moore.

The Rev. Richard Hake of Eugene, Northwest Christian Col-lege, has completed a year of holding services at the Detroit Church of Christ and is to be replaced by students from this col-

John King, Eugene, gave the sermon for Sunday, Feb. 14. Next Sunday, Feb. 21, student James Stock of Sweet Home, will hold

Mrs. William Selfridge, formerly of Ketchikan, Alaska, and now residing near Detroit, entertained the Detroit Civic Club on Feb. 10, with picture slides which were taken in Ketchikan, of her

Mrs. Frank Moore was the hostess for the evening assisted by Mrs. Tude Russell.

Mr. and Mrs. Darrell Sample, Mr. and Mrs. E. P. Scharback of Woodburn, Mr. and Mrs. A. J. Robert Farnsworth, Mr. and Mrs. Rusch, Mr. and Mrs. A. J. Butsch, Mr. and Mrs. A. J. Butsch, Mr. and Mrs. A. J. Bigler, Mr. and Mrs. A. J. Bigler, Mr. and Mrs. Ben Traviss, Mr. and Mrs. Leo A. Schwab of Leb-James Bourbonnais, Mr. and Mrs. anon and Mr. and Mrs. R. T. Bis-

The social officers of the organeph Berchtold, Mr. and Mrs. Vic-tor Hoffer, Mr. and Mrs. Leo event, and Jack Schurr was toast-



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