



THROUGH hard, long years, my son, I have struggled and sacrificed to raise you to manhood!

Now, we are facing a chaotic period in world history, and your country needs you. I have always bid you do any noble duty, I can do no less now! I could urge you to no greater work!

Enrolled as an American soldier, you will be given a uniform, yet a uniform never made a soldier! Something within the man himself makes a soldier. A heart that is brave, a mind courageous, a will like steel, a vision beyond the petty events of the moment, one facing great issues!

My son, the spirit of tyranny which has swept Europe continues loose upon the earth. It has left shell holes for ripened grain fields, ruins for homes where little children laughed and played.

Unchallenged, this tyrannical force would lay bare America's fertile plains, stately mountain ranges; stop the commerce of her cities, and cause her rivers to run with blood!

My son, these horrors must not come to America! Therefore, I am glad that you shall stand with other American soldiers, clear of eye, square of jaw, firm of purpose, enabled to say to this destructive force—

"You shall not destroy America!"

For words are respected that are backed by adequate preparedness!

And, as you train to be a soldier, hold no hatred for any man within your heart! Hate makes a beast, not a man! Let love of America and American liberty be the only reason for your arms.

As for me, I shall still struggle on. I do not begrudge the days. For, out of toil and the hours of self-forgetfulness in doing for others, comes the greatest virtue of life—nobility of character!

And, I would be selfish in claiming you only as MY son! In the larger sense, you are an individual with your own mission in life to fulfill.

If I have been privileged to be your mother, it is only because I have taught you, as best I know, how to pray, how to live, and how to play the man!

I hope that you will be the kind of man who will exert every influence to bring about a lasting peace and goodwill upon this tired earth!

As I lay me down to sleep each night, this shall be my prayer, my son. God keep you!

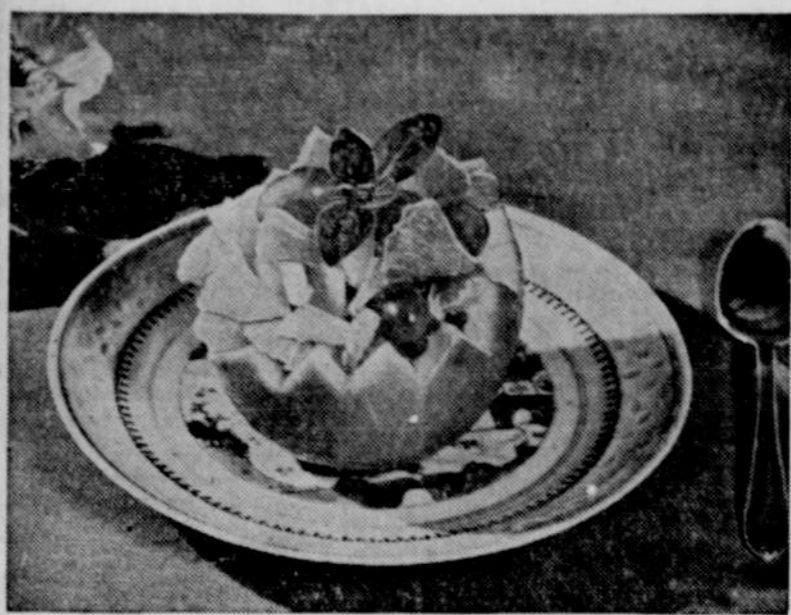
Soldier's Health Is Vital Factor in Army Life

Medical inspection scenes like these below are an important phase of U. S. army activity. Every man is rigidly examined by specialists to determine his fitness for army life. Records of the War Department show that an army is only as strong as the health of its soldiers. Every effort is made to keep the men in top physical condition, assuring full strength manpower at all times.



Household News

By Eleanor Howe



FOR THAT EXTRA SPECIAL LUNCHEON

See Recipes Below.

When your children are in school, and your husband is at work, you find little pleasure in eating a solitary meal. And when you are rushed with household duties, you are apt to grab a quick sandwich, or a steaming bowl of soup, and then continue with the tasks that are still before you.

But, you can take advantage of the days when the family is away, and the work all finished, to entertain your friends at a one-o'clock luncheon, a dessert luncheon for the bridge club, or for just a friendly get-together. A good menu and an attractive table will give you the poise and enthusiasm necessary to serve your guests easily and graciously.

Oftentimes the most easily prepared food may be the most attractively served. A fluted orange cup makes a colorful container for many fruits, which may be varied with the season. The fruit must be cut into pieces of convenient size, free from seeds and skin, except for grapes. It should be thoroughly chilled and combined so that it is a neat arrangement. If a few pieces are crushed or wilted, the whole concoction will look careless and unappetizing. Remember, an appetizer should not be too sweet, for as the name implies, the first course should sharpen the appetite.

For the rest of the menu you might like to serve mock chicken legs, baked potatoes, crisp green salad, crescent rolls, and as an unusual dessert, chocolate mint roll.

Fluted Orange Cup.

(Serves 6)

- 3 oranges
- 1 banana
- 1 cup grapes
- 3 tablespoons sugar

With a sharp knife pierce to center of orange. Cut the orange in half, using zig-zag strokes that meet to make the points of the scallops. Separate the 2 orange halves, and remove meat from shells. Cut orange meat into pieces. Peel, and cut banana into pieces. Combine orange meat, banana and grapes. Sprinkle with sugar. Chill. Serve in well-chilled shells, garnished with a sprig of mint, if desired.

Chocolate Mint Roll.

(Makes 1 11-inch roll)

- 6 tablespoons cake flour (sifted)
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup sugar (sifted)
- 4 egg whites (stiffly beaten)
- 4 egg yolks (beaten)
- 1 teaspoon vanilla
- 2 squares unsweetened chocolate (melted)

Sift flour, baking powder and salt together 3 times. Fold sugar gradually into egg whites. Fold in egg yolks and vanilla. Then fold in flour gradually. Add chocolate, and beat gently but thoroughly. Turn into a 16 by 11-inch pan which has been greased and lined with paper and greased again. Bake in a moderate oven (350 degrees) for 15 minutes. Cut off crisp edges and turn onto a cloth covered with powdered sugar. Remove paper, roll, and cool. Unroll and spread half of mint frosting over cake and roll again. Wrap in cloth and cool for about 5 minutes. Cover with remaining frosting. When frosting has set, cover with bitter sweet coating, made by melting 2 additional squares of unsweetened chocolate with 2 teaspoons butter.

Mint Frosting.

- 2 egg whites (unbeaten)
 - 1½ cups sugar
 - 5 tablespoons water
 - 1½ teaspoons light corn syrup
 - Green vegetable coloring
 - ¼ teaspoon peppermint extract
- Combine egg whites, sugar, water and corn syrup in top of double boiler. Beat with a rotary egg beater until thoroughly mixed. Place over rapidly boiling water, and cook

for 7 minutes, beating constantly, until frosting stands in peaks. Add coloring gradually to hot frosting to give a delicate tint. Remove from boiling water, add flavoring and beat until thick enough to spread.

Mock Chicken Legs.

(Serves 6 to 8)

- 1¼ pounds veal steak
- 1¼ pounds pork steak
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ cup flour
- 1 egg (beaten)
- Cracker crumbs

Pound meats, after seasoning with salt, pepper and flour. Cut into 1½-inch squares, and place 6 pieces, 3 of each kind of meat, alternately on a skewer. Press together. Chill for 1 hour. Dip in beaten egg and roll in cracker crumbs. Brown on all sides in hot fat in a skillet. Pour 1 cup water over the "legs," and cover. Bake in a moderate oven (350 degrees) for 1 hour. (The liquid will all cook away.)

Corned Beef Souffle.

(Serves 6 to 8)

- 2 cups milk
- ½ cup celery (chopped fine)
- 2 tablespoons onion (chopped fine)
- 2 tablespoons butter
- 2 tablespoons flour
- 3 egg yolks (well beaten)
- 3 egg whites (well beaten)
- ½ cup soft bread crumbs
- ½ tablespoon paprika
- ¼ tablespoon salt
- 2 cups cold corned beef (chopped fine)

Scald milk in a double boiler with the celery and onion for about 15 minutes. Strain and cool a little. Melt butter in a saucepan, add flour, then the milk, and stir until smooth, stirring constantly. When boiling, add the bread crumbs, paprika, salt and corned beef. Remove from fire and add the beaten egg yolks. Fold in the well-beaten egg whites, and pour souffle into a greased pan. Bake in a slow oven (300 degrees) for about 45 minutes.

Rice Butterscotch.

(Serves 5 to 6)

- 2 cups milk
- ½ cup rice
- 2 cups brown sugar
- 2 tablespoons butter
- 1 teaspoon salt

Scald the milk in a double boiler. Add the washed rice and cook until nearly tender (about 30 minutes). Meanwhile, melt the brown sugar, butter and salt, and cook for 10 minutes over low fire, until a syrup is formed, stirring constantly. Gradually turn this mixture into the rice and continue cooking until the rice is tender. Turn into wet molds and chill. Serve with cream and sugar, if desired.

Easy Entertaining.

Everybody loves a party, from the toddling youngster to the sophisticated adult. A hostess who can entertain her guests with something new in the way of party ideas is indeed popular. You do not have to wait for a birthday to warrant a celebration, for soon there will be many holiday events to bring a group together.

Miss Howe, in her book, "Easy Entertaining," gives you many new party ideas and suitable menus with tested recipes. You may secure your copy of her book by writing to "Easy Entertaining," Care of Eleanor Howe, 919 North Michigan Avenue, Chicago, Illinois, and enclosing 10 cents in coin.

(Released by Western Newspaper Union.)

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Bring or Mail Your Plates
for Repair - CREDIT Extended

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HOUSEHOLD QUESTIONS

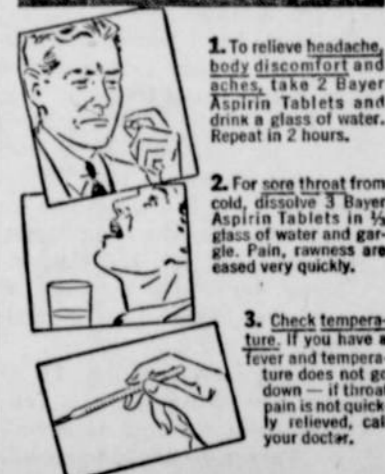
Use a clean sheet of wrapping paper to roll pies and pastry on. It saves a lot of cleaning up later.

Apples peeled, cored and baked in pineapple juice make a new and tempting dish.

Painting the top and bottom cellular steps white may save many falls.

Full Speed RELIEF FOR PAINFUL SYMPTOMS OF COLDS

JUST USE QUICK-ACTING BAYER ASPIRIN AS PICTURES SHOW BELOW



Three simple steps relieve painful symptoms fast... accompanying sore throat eased in a hurry.

At the first sign of a cold, follow the directions in the pictures above—the simplest and among the most effective methods of relief known to modern science.

So quickly does Bayer Aspirin act—both internally and as a gargle, you'll feel its wonderful relief start banishing the pain of your cold in a remarkably short time.

Try this way. You will say it is unequalled. But be sure you get the fast-acting Bayer product you want. Ask for Bayer Aspirin by the full name when you buy.

GENUINE BAYER ASPIRIN

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Your mind has a great moral influence over the comrade at your right. So you see the importance of your own courageous thoughts.

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If that "washed out," sluggish feeling is due to temporary constipation, try Garfield Tea tonight. Cleanse internally this mild, pleasant way. Tire less quickly—feel looser, work better all day long. 10c—25c at drugstores.

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Misunderstood
Minds of moderate caliber ordinarily condemn everything which is beyond their range.—La Rochefoucauld.

Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste
Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.
Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.
There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nation-wide reputation. Are recommended by grateful people the country over. Ask your neighbor!

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