

## Kent Youth Wins Honor At Oregon State

Jack von Borstel, son of Mr and Mrs Frank vonBorstel was awarded a membership in Phi Kappa Phi, National Scholastic Honorary Society at OSU on Mother's day. Forty-four seniors were honored with outstanding award. Jack is also a member of Theta Chi Fraternity.

Mrs Allan Bekk Dahl drove her mother and father, Mr and William Mitchell to their home in Portland last Tuesday. She returned home Thursday evening.

Mrs Robert Helyer entertained a group of friends at a birthday dinner in honor of her husband Wednesday night. The guest list included Mr and Mrs Clarence Young, Mr and Mrs Eugene Norton, Mr and Mrs Paul Smith, Mr and Mrs E. C. Smith and Richard Abel.

John Wilson of Portland was an overnight visitor at the home of Mr and Mrs Walter Wilson Saturday.

Mr and Mrs J. L. Riley of Portland, Mr and Mrs Roy Barnett and son, Lee of The Dalles and Mrs Bill Jefferies were dinner guests at the John Decker home Saturday evening.

Judge and Mrs J. M. Wilson attended the annual meeting of the Mt. Hood District of the Christian church Wednesday of last week, and were present at the banquet in the evening.

Frank vonBorstel motored to Portland where he was met by his sons, Jack and Frank. His sons drove the car on to OSC where they will use it for the remainder of the school year. Mr von Borstel returned home Sunday evening by bus.

A petition was circulated this past week for Frank vonBorstel for rural school board member.

Wheatland Rebekah lodge met at regular session Thursday evening with Sister Floye von Borstel, past grand, acting as Noble Grand. There were eleven present.

Visiting sister was Mrs Louise Sather of Moro. Mrs James Barker, a local member who resides in Santa Anna, California was also present. The birthday of Mrs Thelma Sather was celebrated with ice cream and cake and a gift.

Albert Pleumke of Redmond was a visitor at the home of his sister, Mrs Paul Smith, Thursday.

Dinner guests at the home of Mr and Mrs Kenneth Sather Thursday night were Mr and Mrs Louis Sather and daughter, Maud and grandson George Miller of Moro, and Mr and Mrs James Barker of Santa Anna, Calif.

The pupils of the Kent grade school attended the county music festival and play day at Moro, Friday.

Mrs. Madames, Harry and Clarence Young, Eugene and J.E. Norton and Frank and Ted vonBorstel attended the Auxiliary meeting in Grass Valley at the A. A. Dunlan home last Wednesday. Mrs J. E. Norton was honored with a past president's pin for her faithful work for many years as unit historian.

Roy Harbin of Portland was an overnight visitor at the home of Judge and Mrs J. M. Wilson Saturday.

Those present at the auction sale in The Dalles Saturday were Mr and Mrs John MacInnes, Donald MacInnis, Mr and Mrs Allan Bekk Dahl, Wither Haggerty, Bob Helyer and Jack Rucker.

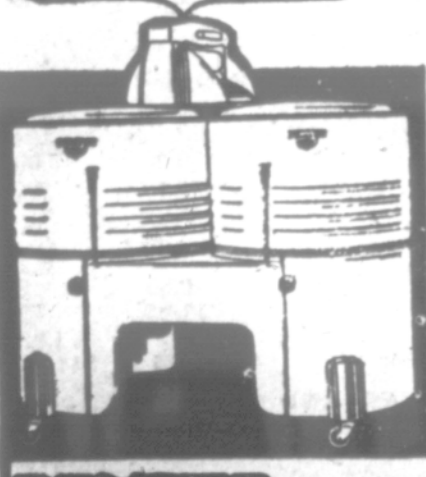
Mr and Mrs J. E. Norton and children motored to Portland Sunday to attend a reunion of Mrs Norton's family at Selwood park. Those present were her father and mother, Mr and Mrs L. U. Ross and her sisters and brothers, Mr and Mrs Willard Maxwell and family, Mr and Mrs Claire Thompson, Mr and Mrs Ray Ross and family.

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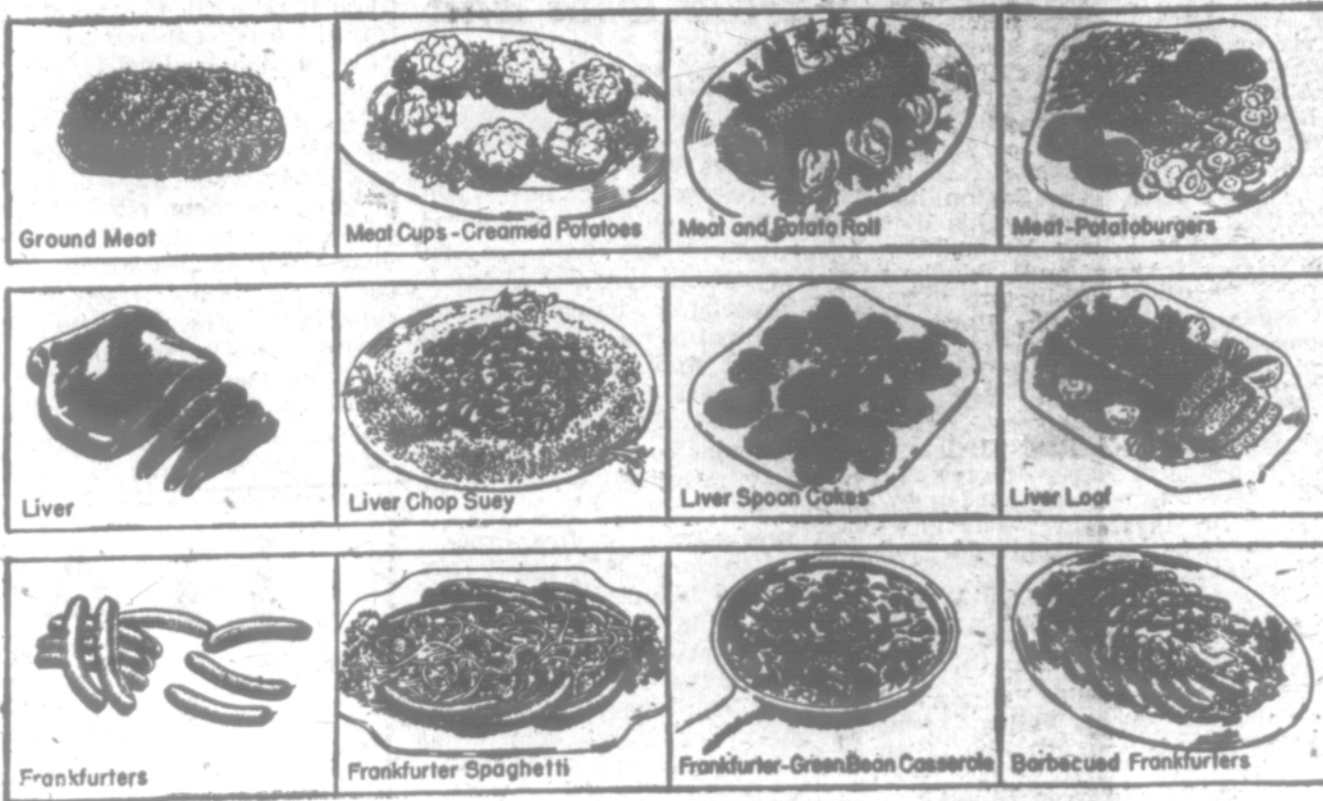


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## BUDGET HELPERS FOR THE HOUSEWIFE



Although more meat is available today, Mrs. Housewife can continue to make good use of the meats still relied on during the period of scarcity. There are a number of these which offer many opportunities for variety and at the same time are easy on the budget.

The meats pictured above are excellent examples. Most housewives include them in their family meals, but more often than not the ways in which they are served are very limited.

As a matter of fact there are almost endless possibilities for using these meats in preparing dishes that are different. A few suggestions are given here.

**Meat Cups — Creamed Potatoes**  
Combine 1 pound ground beef, 1/4 cup bread crumbs, 1/2 cup milk, 1 teaspoon salt and 1/2 teaspoon pepper. Line ungreased muffin pans with meat mixture to a thickness of 3/4 inch. Fill with creamed potatoes and bake in a slow oven 45 minutes.

**Meat and Potato Roll**  
Combine 1 1/2 pounds ground meat, 1/2 cup cracker crumbs, 1 egg, 1/2 cup milk and 1/2 teaspoon pepper. Spread on waxed paper to 1/4-inch thickness, making a rectangle about 6 x 10 inches. Spread with 2 cups mashed potatoes (use sweet potatoes if meat is pork). Roll like a jelly roll. Place in roasting pan and bake 1 1/2 hours in a moderate oven.

**Meat-Potatoburgers**  
Combine 1 pound hamburger, 2 cups coarsely grated unpeeled potato, 1/4 cup grated onion, 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Mix well. Shape into 8 patties and broil or panbroil slowly until done.

**Liver Chop Suey**  
Cut 1 pound liver in 1" x 3/4" strips. Cook in 4 tablespoons lard or drippings 5 minutes. Add 1 cup sliced celery, 1 cup sliced onions. Cook 5 minutes. Add 1 can Chinese vegetables and liquid and 4 teaspoons soy sauce. Simmer until meat is thoroughly cooked, about 1/2 hour. Season, thicken. Serve over hot rice.

**Liver Spoon Cakes**  
Cook 1 pound sliced liver in 1 tablespoon drippings in frying-pan about 5 minutes. Grind liver; add 1 teaspoon salt, 1/4 teaspoon pepper, and 2 eggs, well beaten. Mix well. Drop by tablespoonfuls into hot shallow lard or drippings. Brown well on both sides.

**Liver Loaf**  
Cook 1 1/2 pounds sliced liver in 2 tablespoons drippings 5 minutes. Grind liver. Combine with 1 cup bread crumbs, 1/2 cup milk, juice of 1/2 lemon, 2 tablespoons tomato catsup, 1/2 cup pork sausage, 1/2 teaspoon paprika, 1 small onion, finely chopped, 1 egg, beaten, 1 teaspoon salt, and 1/4 teaspoon pepper. Mix well. Turn into a loaf pan lined with bacon. Place bacon strips on top. Bake in moderate oven, 1 hour.

**Frankfurter Spaghetti**  
Slice 1 pound frankfurters in 1/4-inch slices. Brown frankfurters and 1/2 cup diced onion in 1 tablespoon lard or drippings. Add 1 teaspoon salt, 1 teaspoon allspice, 1/2 teaspoon cloves, 1/4 teaspoon pepper, 1 1/2 cups tomato juice and 3 cups cooked spaghetti. Simmer until thickened. Brown 1/2 pound whole frankfurters. Serve around spaghetti.

**Frankfurter — Green Bean Casserole**  
Slice 1 pound frankfurters, 1/4-inch thick. Brown in 3 tablespoons drippings. Stir 5 tablespoons flour into drippings, add 2 cups milk and 1 teaspoon salt. Cook until thickened. Add 1 tablespoon Worcestershire sauce, 1/4 cup grated cheese and 2 cups green beans. Combine with frankfurters. Bake in moderate oven 40 minutes.

**Barbecued Frankfurters**  
Arrange 1 1/2 pounds frankfurters in shallow pan. Pour Barbecue Sauce over them. Bake uncovered for 30 minutes in a moderate oven. To make Barbecue Sauce: 1/2 cup medium onion, chopped, 1/2 cup margarine or butter, Add 2 tablespoons vinegar, 2 tablespoons brown sugar, 4 tablespoons lemon juice, 1 cup catsup, 1/2 tablespoons Worcestershire sauce, 1/2 cup prepared mustard, 1/2 cup water, 1/2 cup chopped celery, salt and red pepper. Simmer 20 minutes.

## Farm Analysis Shows Many Produce Little

Farming is big business in Oregon as well as in the nation as a whole, yet more than half of the nation's farms are very small in terms of value of products, according to an analysis of census data by the agricultural economics section of the OSC extension service. The analysis shows an increase from 47.7 percent of part-time and rural residence farms in 1939 up to 50.8 percent of such farms in 1944, when allowance is made for the difference in prices for farm products.

Census figures for 1939 showed 61,315 farms in Oregon, with 29,041 or 47.4 percent having under \$600 gross value of farm products sold, traded or used. In 1939, Oregon's index of the general level of farm prices averaged 97 percent of 1935-1939.

The same amount of farm produce that was worth \$600 in 1939 was worth slightly over \$1200 in 1944. The census figures for 1944 showed that out of 62,905 farms reporting, 31,929 or 50.8 percent had less than \$1200 gross value of farm products sold or used.

From this analysis the extension economists conclude that not only the number of small farms increased during the five-year period 1939 to 1944, but the percentage of such farms to all farms in the state also increased. As a considerable part of the returns from farming are required to pay production expenses, the net income from these small farms must be supplemented from other sources to maintain a reasonable standard of living.

Any place having three acres of land or \$250 in value of farm products is a "farm" for census purposes. Consequently some of the places are really the rural residences of people who work mostly in other occupations or have other incomes. Nationally, the lower third of all "farms" had an average production of about \$400; the middle third about \$1500 average. Only about 5 percent had an average value of production over \$10,000 gross in 1944.

## Rheumatism and Arthritis

Doctors differ as to the merits of NUC-OVO. Many users say it has brought them relief. If you suffer from Rheumatism or Arthritis why not write for literature on NUC-OVO from Research Laboratories, Inc., 408 N. W. 9th, Portland, Oregon. Pd. Adv.

## HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

The first strawberries of the season appear in the market the other day, a sure sign of spring! Fresh, pink rhubarb is now available to add its tantalizing tartness to April meals.

There is no longer any reason why the homemaker cannot supply plenty of fresh fruit in her family's diet. Oranges, lemons, bananas, apples and winter pears have been available during the winter. And we have even seen fresh pineapples in the fruit stands - perhaps a sign of returning normal times.

It is important that everyone eat at least one serving of citrus fruit each day, along with plenty of milk, green vegetables, meat, whole grains and eggs. Fruits are our best source of Vitamin C and strong healthy teeth and gums, good digestion, firm bones and normal growth depend upon this vitamin. Vitamin C is also necessary for the utilization of calcium in the body, which is supplied in the milk we drink.

Our best sources of Vitamin C are oranges, lemons and grapefruit, although most fresh fruits and green leafy vegetables contain some Vitamin C. Strawberries are an excellent source, but because of the short season and high cost, they are uneconomical in comparison with other fruits. In the vegetable line, cabbage, tomatoes, parsley and beet greens are the best sources.

Because Vitamin C is such a shy vitamin, it is necessary for

us to have a fresh supply each day. It cannot be stored in the body for future use as many vitamins. It is very sensitive to air and heat, which is one reason homemakers are urged to store fresh fruits in a cool dark place, and to cook them as quickly as possible. Cooked, canned and dried fruits all lose some ascorbic acid in the processes. If possible it is best to rely on fresh fruits for our C supply.

To insure the family an adequate daily supply of Vitamin C is not difficult. Start off the day with a tall glass of orange juice, serve fresh fruits over cereal, have a fruit salad for lunch or with dinner, or serve fruit with cream for dessert—they are all good to eat and good for you.

To get back to the fruits mentioned in the first paragraph, we have a recipe for Strawberry Rhubarb Whip, which will bring thoughts of summer right into your dining room.

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**Strawberry Rhubarb Whip**  
2 cup strawberries 1 1/2 cup sugar  
2 cup rhubarb, cut small  
2 tablespoons tloaca.  
Cook above ingredients in top of double boiler, very quickly until berries and rhubarb are just soft. Remove from pan, and chill thoroughly. Serve in clear glass stands topped with whipped cream.

## AAA Officers Will Help With ACA

Community AAA committees will help farmers meet agricultural conservation program requirements in carrying out erosion control, soil building and wa-

## Synops of Annual Statement

Of the MUTUAL BOILER INSURANCE COMPANY of BOSTON, in the State of Massachusetts on the thirty-first day of December, 1946, made to the Insurance Commissioner of the State of Oregon, pursuant to law:

INCOME	
Net premiums received	\$ 2,969,061.13
Total interest, dividends and real estate income	63,273.28
Income from other sources	96,641.89
Total income	\$ 3,129,976.30
DISBURSEMENTS	
Net amount paid for losses	\$ 803,881.59
Loss adjustment expenses	41,505.58
Underwriting expenses	943,513.43
Dividends paid to stockholders	None
Dividends paid or credited to policyholders	1,236,776.29
All other disbursements	127,820.43
Total disbursements	\$ 2,547,502.12
ADMITTED ASSETS	
Value of real estate owned (market value)	None
Loans on mortgages and collateral, etc.	None
Value of bonds owned (registered)	2,724,724.52
Value of stocks owned (market value)	248,100.00
Cash in banks and on hand	470,548.11
Premiums in course of collection written since September 15, 1946	251,726.67
Interest and rents due and accrued	11,613.41
Other assets (net)	None
Total admitted assets	\$ 3,655,036.76
LIABILITIES, SURPLUS AND OTHER FUNDS	
Total unpaid claims	\$ 150,021.78
Estimated loss adjustment expenses for unpaid claims	4,077.24
Total unearned premiums	1,204,554.21
Other liabilities	298,191.57
Total liabilities, except capital	\$ 1,752,844.80
Capital paid up	\$ 1,902,191.96
Surplus as regards policyholders	\$ 1,902,191.96
BUSINESS IN OREGON FOR THE YEAR	
Net premiums received	\$ 618.39
Net losses paid	None
Dividends paid or credited to policyholders	97.95

ter development practices this year, according to E. Harvey Miller, chairman of the state PMA committee. Farmers may contact their community committees for field inspections required for many of the 1947 practices. Committees also are prepared to provide detailed information on practice specifications, and to assist operators in obtaining needed technical guidance through the county office.

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That son of yours is cut out to be an all-star. He'll make it too — if he gets to college. Junior's college education can be more than a dream... a dream full of financial questions of how you'll pay for it. There's no need to worry, if you start planning NOW. A savings account at the First National Bank of Portland will provide those swell kids of yours

with the complete education they deserve. A regular savings program... setting aside a little of each week's earnings... will pay mighty big dividends in years to come. A savings account at the First National Bank of Portland is a good investment in the future. Come in today and start your account.

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