

Calories for Kids

MARY-JANE and Junior are having guests for luncheon today.

This is the weekly statement of a wise mother who finds time to give her youngsters an opportunity to play host and hostess. She maintains that having Tommy-from-Next-Door or Joan-from-Around-the-Corner introduces the children to better table etiquette and to a variety of foods that they like because Tommy or Joan like them.

Recipes for Decorative Dishes

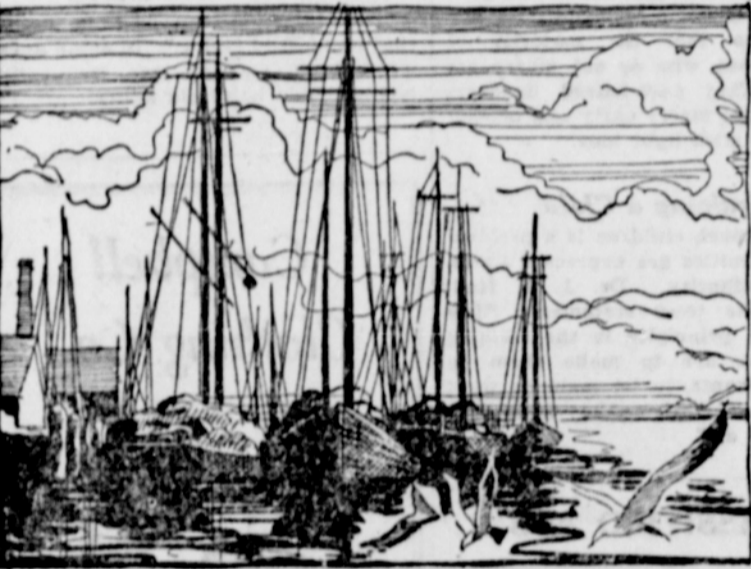
Calories and vitamins are skillfully concealed in creamed chicken that deluges a mainland of toast triangles, carrot boats hoisting real sails and bearing cargoes of golden pineapple, and cocoa with a marshmallow island afloat. There's a

hidden treasure of real caloric content in these recipes:

Cream Chicken on Toast: Two cups cold cooked chicken cut in dice (if you haven't left-over chicken, the canned product is delicious), two cups white sauce, a pinch of celery salt. Heat chicken dice in sauce and add celery salt.

Carrot Boats with Pineapple: Scoop raw carrots into boat shapes and fill with segments of canned pineapple. A toothpick and plain white card make a marvelous sail.

Party Cocoa: This need not cut into your precious "quart-a-day" bottle if you keep condensed milk on hand. One teaspoon cocoa, one cup boiling water, two tablespoons condensed milk. Mix cocoa and one-half cup boiling water. Boil three minutes. Pour this mixture into the diluted milk and beat with egg-beater. Top with marshmallow.*



Winter Fish

OUT at Sheephead Bay where fishermen go out in the wee sma' hours on a winter morning for their catch and where the Bay at dawn is lined with tall masted schooners and dripping nets, breakfast at the little stalls along the waterfront is an event. Salt winds and sea spray whet appetites, and it takes a big cup of steaming coffee and a man-size order of ham-and-eggs to fill the vacancy. Yet almost invariably these fishermen will start breakfast with clams or oysters pried right out of the shell. They will tell you that nothing makes you feel better than fish on a cold day.

Salmon a Winter Favorite

Our Friday fish is especially important in winter when we are apt to eat too much meat. And one

of the best winter fish is salmon—warm in color and adapted to nourishing hot combinations. Here is a recipe for a corking *Seaman's Pie* made as a fisherman's wife makes it:

Sauté one small onion in two tablespoons butter for a few minutes, then add one and one-half tablespoons flour, and one cup milk slowly, making white sauce. Put alternate layers of salmon and mushrooms into a buttered baking dish, using a seven and one-half ounce can of salmon and a four-ounce can of mushrooms. Pour sauce over. Meanwhile have four potatoes boiled, drained, mashed and seasoned with two tablespoons butter, four tablespoons hot milk, salt and pepper. Pile them lightly on top of the fish mixture. Bake in a hot oven until brown.*



Corn Concoctions

CITY-BRED folks classify corn as something on the luncheon or dinner menu. But out on the farm they know better. Farmers like corn at any meal in the day, and farm wives have concocted some very delicious breakfast dishes out of this dietetically valuable grain which is good fresh, straight from the can, or in combination with other foods.

A delightful old hotel in South Carolina, famous for its breakfast corn cakes with maple syrup, serves another breakfast corn dish that makes you wonder why you stayed up North so long.

Some Southern Corn Combinations

Here are the directions for emulating:

Breakfast Corn: Chop two large

cold boiled potatoes fine, and sauté brown in two tablespoons fat. Add one cup left-over canned corn, and brown again. Season well with salt and pepper. Break in two whole eggs, and scramble lightly together. Serve with broiled bacon.

Charleston Corn Cakes: Beat two eggs well, add one-half cup sour milk, one-fourth teaspoon soda and one cup of canned corn. Sift together one cup flour, one-half teaspoon salt, two teaspoons baking powder and add. Then add one tablespoon melted butter. Fry in small cakes on a hot griddle. Serve with maple syrup.

Corn Fritters: Make an egg batter as for pancakes, and stir in canned or fresh corn. Fry in butter and serve very hot with broiled breakfast bacon or fried ham.*

Local Happenings

Vern Coker has sold an interest in his garage to Cecil Rader of Hornbrook, California.

Mrs. Coker and son Vern were at Yreka, California, Monday on business.

Mrs. John Higginbotham, who has been suffering from an attack of lumbago, is able to be out again.

Will Hold Food Sale

The Mt. Pitt Rebekah lodge will hold a food sale Saturday in the building east of the Jones Grocery.

Confined to Home

Mr. J. O. Isaacson is confined to his home with a severe cold.

From Gold Hill

Ralph Le Vee of Gold Hill was transacting business in this city on Tuesday.

Leaves For Rogue River

Mrs. Nancy Wilson left Tuesday for Rogue River to visit her son, Tom Olson and wife.

Prof. and Mrs. H. P. Jewett left Friday for Salem to visit Mr. Jewett's father and mother, who celebrated their golden wedding anniversary, Sunday. They returned to this city, Monday.

Mr. and Mrs. Francis Russell of Willow Ranch, Calif., are visiting friends and relatives in and around Central Point. Mrs. Russell will be remembered as Margaret Collins before her marriage.

W. G. Mayfield sold his home in northeast Central Point to L. Kogan, of Klamath Falls. The Kogan family have already taken possession.

Wednesday Evening Guests

Guests at the Al Hermanson home Wednesday were Mrs. M. M. Morris, Mrs. Jenny Jones and Mrs. Kate Grimsley of Medford. Mrs. Jones and Mrs. Grimsley are aunts of Mrs. Hermanson.

The Nevita Chapter, of the Eastern Star had as their guest, Friday evening the deputy grand matron, Mrs. Anna Ellis, associate grand conductress of the state of Oregon. A large number attended the business and social meeting in the evening. Delicious refreshments were served.

Attend Conference

Mr. and Mrs. Frank Howard, Nellie Eicher and Mae Eicher attended the Conference of the First Methodist Church held at Coquille last week. They returned home Sunday.

A combined party and weiner roast was the attraction at the high school, last Friday evening when the Freshman class met. A short program was enjoyed at the school house after which the students adjourned to the out of doors where they enjoyed a weiner roast. Mrs. Fleisher and Mrs. Wertz acted as chaperones.

Celebrates Birthday

Kenneth Williams celebrated his eighth birthday March 18th by inviting a number of his school chums to his home for a party. Outdoor games in the park were enjoyed and refreshments of jello and cake were served by his mother.

Those present were: Charles Berhardt, Billy Bernhardt, Geneva Millard, Jeff Hermanson, Louise Bowman, Donald Nichols, Bobbie Hoagland, and Vivienne Ross.

Thistle Raising Profitable

The tassel, a cactus-like thistle, provides the only entirely satisfactory means of carding wool, removing the burr and bringing up the nap. Consequently in some parts of the world, especially in England, in northern New York and in Oregon, raising thistles for the wool manufacturing industry is a regular business. Tassels were introduced into America by Will Ham Snooks, an Englishman, in 1820.

Darkey Philosophy

"Dar ain' no such thing as easy money, if you count in de hard explanations an' de wear an' tear on conscience."—Washington Star.

"How Do They Do It?"

Washington (D. C.) News (from the story, "Her Quest for Love")—She held one of his hands in both hers. With the other hand she stroked his rough cheek.

PARENT TEACHERS WILL SPONSOR MUSICAL FRIDAY

Next Friday the Parent Teachers Association are sponsoring a musical at the high school Auditorium. The entertainment will feature several readings by Dick Posey of Ashland and some fine musical numbers.

MRS CORNUTT ENTERTAINS

The rural home of Mr. and Mrs. James Cornutt, near Gold Hill was the scene of a pleasant social affair when Mrs. Cornutt entertained the members of the intermediate classes, of the Christian Sunday school Thursday. Miss Dorothy Limbeck was chosen as president, Edna Shaver, vice president; and Jerry Jones sect. treas., at the class election which was a feature of the meeting. The following young folks enjoyed games and other amusements until a late hour: Ruth Haley, Mary Jane Bowman, Geraldine Hermanson, Edna Shaver, Phyllis Turpin, Jerry Jones, Janice Pitts, Dorothy Limbeck, Lotus Hessegrave, Joyce Young, Peggy Lawrence, Naomi Johnson, Donald Richardson, Harry Young, Houston Pitts, Harold Huger, Ruth Heath, Ermal Shaver, Arthur Johnson and Arkel Mills.

Refreshments were served by the hostess assisted by Mrs. Richardson and Mrs. Haley.

WOULD BUY NEWSPAPER

Mr. and Mrs. T. M. Brown of Nebraska stopped over in our city for a short time, Wednesday accompanied by their family. Mr. Brown and sons are printers and came to Central Point in answer to ad in a trade journal offering for sale the Central Point American. After looking over the field the Browns continued on north. The Browns owned a newspaper at Colfax, Washington several years ago.

Birthday Party Held

At the home of Mr. and Mrs. Sam Kohler Saturday, March 15th Barbara Lee entertained with a birthday party celebrating her tenth birthday. Games furnished fun for the afternoon and a good time was had by all. Many nice gifts were received. A beautiful birthday cake baked for Barbara Lee by Mrs. Isaacson was served with other refreshments. Invited guests were Betty Hill, Emeline Applegate, Helene Hansen, Zedie Cash, Roberta Pankey, Lucille Williams, Avadna Ayers, Erma Richardson, and the hostess.

Stage Cough

One of the highest compliments paid Edwin Booth was accorded him by an old negro servant who went to see him in "Riacho" during Booth's visit to Savannah. The next day she expressed to her mistress great concern for the health of the actor. "Poor old man," she said, "he can't last long. Dat cough will carry him to his grave sure."

Hard Food Essential

A recent survey among leading dentists disclosed the fact that orthodontists consider hard food an absolute essential for children. Ordinary diet, they pointed out, consists mostly of soft foods, with the result that the teeth and gums do not get proper exercise, or such essential element as lime. By including hard, crunchy food in one or more meals every day, the deficiency can be quickly overcome.

Old Monument Gone

In "The Innocents Abroad" Mark Twain tells of an inscription which reads: "We are the Canaanites driven out of Canaan by the Jewish robber, Joshua." The monument bearing it was described by Roman historians 2,000 years ago as standing in the streets of Tangier. It is not known what became of this monument, but the people of Tangier today still point out where it stood.

Everybody Wants Plenty

The more you get, the more you want. They are payable on demand and good for face value. Some are counterfeit. Some come in small denominations, others in large. Some people are stingy with them, others extravagant. They can't always buy happiness. Kisses are like money only sweeter.—Exchange.

Missionary Statistics

The Protestant and Roman Catholic churches of Europe and America support 54,000 missionaries, who minister to more than 21,000,000 people, and teach 4,250,000 children in mission schools.

GOLDEN LINK BIBLE CLASS MEETS WITH MRS. PANKEY

Mrs. H. T. Pankey was the hostess Friday to the Golden Link Bible class of the Christian church. Mrs. Catey, the president had charge of the meeting and the devotionals were led by Mrs. Henderson. A short entertainment followed the business meeting and the hostess served delicious refreshments to the following Mesdames Cash, Lewis, Haley, Hermanson, Lois Richardson, Hartley, Coker, Lampman, Clara Vincent, Maury, Anderson, Hover, Conger, Bursell, Hedgepeth, Catey and Jones. Mrs. Lampman, Mrs. Henderson and Mrs. Catey.

CHRISTIAN CHURCH

"You are Welcome"
D. E. Millard—Minister.
Miss Eula Benson—Bible school Superintendent.
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