TESDAY, AUGUST 18, 1932



Thrifty Main Dishes

hat do you think would be for supper tonight?" How ofe you asked this question afdering over it and finding our ideas on something dir-were just about nil? It is

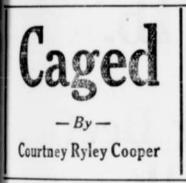
ough this is the edge a smal-r when the body needs a smal-egg, slightly beaten, and pour over ply of fuel, when the appetite toast or crisp crackers on hot plat-ply of fuel, when the appetite toast or crisp crackers on hot platcool, crisp foods and plenty is and when the labor of premeals should be reduced to num, it is still necessary to sup-he meal with one substantial dish. It is well to reduce the of meats, fatty foods and requiring much cooking and instead foods easily digested epared as cream or cottage dishes, simple egg dishes, a amount of fruits, vegetables

thrifty main dishes easy to e and particularly appetizing

Liver Casserole potatoes arrots cups green peas diced onion b. liver bspn butter thspn flour

cups milk tsn salt and 1/2 tspn pepper with the carrots, then cut into and cook with the peas. Flour and liver and brown in butter. ve and cut into cubes. Brown in butter and remove. Make with the browned butter, and milk. Arrange a layer of les, then a layer of liver in

English Monkey cup milk cup stale bread crumbs



Continued from last week) one noticed him; the sweating in the steam room, the shouting res which plunged about the s. Joe Barry wondered what the ers would do; they who had to study men under their enermanipulations. But they only d him, after the soaping and ing. Fering was over, if he would have Then, alost before he realized it florr and the boy was precedim to pull back the blankets on

thspn butter cup grated cheese tspn mustard tspn salt Few grains cayenne

egg Add milk to stale bread crumbs were just about the housewife in a saucepan and let stand 15 minutes. Add butter, mustard, salt and ough this is the season of cayenne and beat slowly. Stir in

> Garnish with parsley. Rice With Cheese and Tomatoes thspn butter thspn flour cups tomatoes tspn salt cup rice cup grated cheese tspn pepper chopped onion

tspn thyme bay leaf tspn parsley

tspn salt 1b. American cheese cups milk

qt. shredded cabbage cup bread crumbs Cook the spaghetti in boiling wa-

Reheat and add salt and ter for about 20 minutes and drain. Pour gravy over this and Make a sauce of the flour, butter, moderate oven 30 minutes, milk and salt. Shave up the cheese, especially good for children add to the hot sauce and stir until It combines vegetables with melted. Put the cabbage, spaghetti and sauce in a buttered baking dish in layers and cover top with bread crumbs. Bake 20 to 30 minutes in

moderate oven. ulsion of breath, little more. He was adjudged a criminal and he was

being hunted as a criminal; a mur-derer, if that made it any clearer, and what difference did it make if Dairy company. in his own mind, he knew himself to be innocent?

That was bad reasoning. It made him shaky. Then suddenly he whirl-ed, walking swiftly, and turned in at the door of the herb the door of the bank.

"Good afternoon," he said, and Finest Oregon waited. The banker looked up. "Oh, hello," he said, and smiled Back to make that other deposit? Joe Barry cleared his throat.

'No-I'm sorry. I've got to draw out some money.

'Certainly, certainly," Then the banker passed over a saving account withdrawal slip and made a remark about that most casual of things, the weather. After a time, Joe picked up the pen. His hand had stopped shak-

Mann's class restaurant and hotel in the alcohol. Finally he was back he was out of the bank. Free, and state. All Oregon products will be **Auto Service** money in his pocket. He had drawn featured on this mean and restauronly half of his deposit but it was enough. There would be no need to ors in every city in the state have take the risk of going to the other promised to serve nothing but the days, he felt the soft touch of a take the risk of going to the other promised to serve nothing but the bank; all custodians of money might not be alike. The warmth of blankets crept the bank money in his pocket—two attle warmth of blankets crept but his shoulders. When he awoke, was with the knowledge of new ht. Joe Barry threw the covers m him, almost excitedly, and ung to the side of the bed. It was as if he had forgotten somewith the thought, of the clatter of rieties of Oregon's farm products trains, the rush and roar of miles slipping away beneath him, strange ducts committee is preparing a pic cities where one could lose one-self torial menu card which will greet ships at anchor, looking for eager hardworking young men. More and more glorious became the thought of the far away. Then it all was suggested menu card and are featur-

Oregon Dairy Products Shipped To Oriental Ports

'It's a long way to Yokahoma,' to paraphrase an old war ditty, but not too great a distance, with ald of fast

sail direct from Portland to the Ori-ent, will call at Kobe, Shanghai, Hong Kong and Manila and sample

a steady chill of about 33 degrees is expected to insure the delivery of these products in perfect condition. Butter and cheese have been sent to the Orient before but as far as is

Products to be

"Come and get it!"

ortland in September for hungry sults of recent experimental work gionnaires and other visitors will told of high quality Oregon prolucts through a special menu card hich will be used by every first

Ing map of the state, also gives a brief description of the finest of Ore-gon's products. Extra grade butter, ice cold milk, Nigh quality Oregon cheese, luscious Oregon prunes, choice Oregon lamb and heef famous Oregon cheese at the term of the the director. Close to and heef famous Oregon cheese at the term of term of

food products.

Annual Dairymen's Picnic at Champoeg

ings. Cook until it thickens. Put ings. Cook until it thickens. Put ings. Cook until it thickens. Put is be included in the shipment.
'Japanese health authorities and health leaders in the Philippine islands, led by Governor Roosevelt, are doing all they can to increase the use of dairy products among their people," reports Paul C. Adams, executive secretary of the Oregon Dairy council. "Recent out-breaks of ture a number of contests, races and the alth leaders to the necessity of the program this year will feature a number of contests, races and the secretary of the necessity of the program this year will feature and secretary of the program the program is being plan- need by the committee in charge, will be held at Champoeg Park on Sundary, August 28. Feeling that the dairy industry has passed through the crisis of depressed prices and is now on an upward swing, arrangements are being made to make the day one of relaxation and entertainment. The program this year will feature a number of contests, races and the secretary of the necessity of the program this year will feature a number of contests.

health leaders to the necessity of dairy products in the daily diet. Com-parisons of American born Japanese with their parents show that Oriental children fed on American dairy pro-ducts attain a much greater height and better physical development Japa and better physical development. Ja-panese Council Acino of the Portland office has been very interested in these shipments to his country." S. Shrock, master of Clackamas Po-mona grange. There will also be an interesting talk delivered by the sales manager of one of the largest food manufacturing companies in the west. manufacturing companies in the west Sample shipments to his country." Sample shipments of butter and cheese were made by Interstate As-sociated creameries. Mt. Angel Co-operative creamery, Swift and Com-pany, Armour and Company, Wilcox Produce Company. The Red Rock Cheese company sent cottage and cream cheese, and ice cream and

ream cheese, and ice cream and committee in charge of the program fluid milk were shipped by the River-view-Damascus Milk company. Ice cream was also sent by the Froskist Ice Cream company and Western Cattle club, Independence, and Paul Arthur Farmer, foreign trade rep-resentative of the Portland Cham-gon Dairy Council, Portland.

Big Convention Determination to fight if neces-

hare in agricultural research was repeatedly expressed by the Oregon Poultrymen's association at the ninth The old familiar call to 'chow' annual poultrymen's convention at will not be missing during the Ameri- Oregon State college. The program can Legion Kational Convention in consisted mostly of hearings of re-

highways will be greeted at the first meal with an attracive menu which, besides carrying a commodity locat-Corvallis, as vice president, and of organization, based on many years of organization, based on many years of past experience in this state, has

 Extra grade butter, the secondary treasment of the state who cooperated in a trial shipment of Oregon fresh milk and cream, butter, cottage cheese, ite during the noma, Japan. The Maunawill, the book of the state who contrast of the state prietors to secure their active co-operation in presenting the very best of Oregon's wealth of agricultural at times from stray dogs, it was said.

 Pledges have been secured from
 Pledges have been secured from
 Losses from theft, on the other hand, have been reduced to a minimum by the working of the "gasoline cowboy" law and the new state po It almost zero temperatures and other from all over the country, so, "Come and get it, Legionnaires, it's ready or the state plays host it to ported. So much better has this situation become that the associasituation become that the associa-tion voted to discontinue its affilliation with the private detective agen cy dealt with for several years. The old association "yellow tag plan" is being continued, however.

In review of the present status of the industry in Oregon, H. E. Cosby declared that one of the most dangerous tendencies is that toward "chicks at chewing gum prices where some hatcherymen are ac ceding to buyers' demands for cheap chicks by lowering breeding stand-ards. This, said Cosby, will ruin the industry if persisted in

'Oregon Plan' Favored By Farm Cooperatives

Oregon has the broadest and most atisfactory cooperative act in the United States, under which has grown up a more or less standard form of organization known as the "Oregon Plan," according to a lead-ing article in the national Cooperative Marketing Journal.

The article, written by George O. Gatlin, extension economist at O. says that Oregon's accomplish ments in this field are now so widely known that increasingly large num bers of letters from many parts of the country are received asking for copies of the organization plan used here

Although the Oregon plan is neither unique nor strictly uniform. it does have certain distinctive features and provisions which have been a vital factor in making Oregon outstanding for progress, soundness and success in agricultural cooperation, says Mr. Gatlin.

The Oregon plan of organization, adopted by more than 40 cooperatives in the past two or three years, is really a long-time program to ad-

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ing Oregon products on their entire carried on for the industry since the vance cooperative enterprises through understanding, technical improve-entering the state at any of its main Most former officers were reelec-

P. T. A. to Care For Children At State Fair

Mrs. N. E. Abbot, State Chairman, and Mrs. R. L. Wright, Vice Presi-dent of the Oregon Congress of Parents and Teachers, state that their organization will again occupy their booth in the grandstand building. Educational posters made by the children from different schools of the State will be exhibited. In addition parents and friends

are welcome to come and rest. Also children will be cared for at a nominal charge per hour.

The booth will be in charge of State Chairman, Mrs. N. E. Abbott, and Vice President, Mrs. R. L. Wright

O. S. C. Hen House **Plans Are Printed**

A new leaflet giving detailed plans and specifications for constructing the O. S. C. 400-hen laying house has just been published by the state college as Extension Bulletin No. 447. This is the latest of a series of poulty house construction bulletins which nclude directions for building range and brooder houses and an egg storage room. Any of these may be had free direct from the college or from any county agent.

> We now have a Complete line of Household LUBRICANTS AUTO POLISH POLISHING CLOTHES Etc., at LOWEST PRICES **Central** Point Service **Gateway** Service

Stations

Served Legionnaires lary for continuaton of poultry's

led, relaxed for the first time

was as if he had forgotten someig of vast importance. His subous mind was telling him to 7, as if there was a train to be or an all-engrossing appoint which could not wait. He used and washed with the air of than whose minutes must be coun-He fidgeted at the counter

stairs, and wrote scratchily on gone. acount pad when the elerk passt over for him to enumerate the int of his tips. Then he reachagerly for the trifle less than ten ts which was due him and hurfrom the building. Yet he did know where to go, he did not realize why he must rush sothing to be done—halfway down block, he halted, his lower jaw fing. That screaming thing \$111g. a his brain was calling to him to o run, and because of that he walked alongf, an unnoticed

morning worker moving across toward-where, he did not sense held him from the

oad stations; the very fact that were denied him sent him into bway and to a Jersey City fer And at Jersey he just walked. ag where the crowd took him ast, halting before the traffic aw a suburban bus move toward avoluntarily he raised his hand snal. The big vehicle halted boor opened, and he was within d anew upon an aimless journey. had gotten on with him; t even him time to think.

the way," he said to the con-and handed him a five-dollar He received change without It. There was too much renow to think of money precious igh it might be. He was moving te he did not care: only that it way from New York.

ten the end of the line arived. arry steped forth and looked at him with more confidence. Was away from New York and its a of buttressed fear, here he plan with something of calm y that afternoon he walked slow-ast a bank in a small Pennsylvanwn and looked within. Als was to he his trial. Certainly

ters would watch the newspapers, be alert for the sight of crimin Immediately, Joe fought against word; he was not a criminal, he bimself. But he laughed mirthsly, it was a grimace and an ex-

For Joe Barry realized that he was standing still, half turned from the chipped sidewalk which led to the blackened railroad station. Before him was a wooden fence, and upon that fence, the rain-washed, tattered posters of a deported circus. (To be continued)

Bly-General improvements made to local water works.



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depression, neurasthenia, etc. All these troubles can be removed with Titus-Pearls. Numerous

cases were treated by Dr. Hirschfeld in his Berlin Institute. L. S. (State Official: 60 years old, married) complained of physical exhaustion, dizziness and tremors. Was easily tired. Mental he feit fresh and buoyant. His blood pressure had fallen, and at 60 years of age he had regained the physical power and virility that he had known in the prime of his life.

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