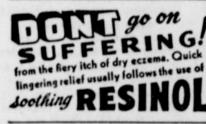
SOUTHERN OREGON MINER, Ashland, Oregon



TAKE an example from our sailor boys and do your household tasks cheerily. These towels will help you brighten your kitchen. You'll want to make some for your friends. . . .

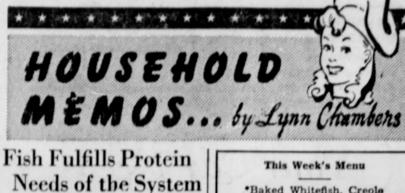
Pattern 285 contains a transfer pattern of seven motifs averaging 5 by 8 inches; illustrations of stitches; materials re-quired. Send your order to:

				Francis	co, Calif.
co	ver	cost	of mail	(plus on ling) for	e cent to Pattern
Na	me.				
Ad	dres	s			



Largest Natural Gas Reservoir The largest known reservoir of natural gas in the world is the great Panhandle gas field, under-lying nearly all of five counties in Texas.

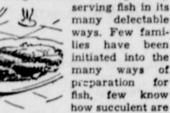




Fish fillets served with julcy lemon wedges and generous garnishes of radish roses and parsley make an attractive main dish.

Fish Is Flavorful

One very direct and effective way of meeting the meat shortage is by



their steaks when baked, or how tart and crisp are fillets when fried. Bones have been removed from many types of fish so this need concern the cook little. If they have not already been removed, this can be done easily since they are usually together.

French Fried Fish Fillets. Desired number and kind of fish

fillets 1 egg, well beaten with 1 table-

spoon water Crumbs, corn meal, flour or potato meal

Salt and pepper Salad oil for frying

Wash fillets in cold water, drain on absorbent paper. Sprinkle with salt and pepper; dip first in dry coating-(crumbs or other if preferred), then in egg mixture and again in dry coating. Place in deep salad oil-(375 to 385 degrees)-or

*Baked Whitefish, Creole Parsleyed Potatoes Broccoli Watercress and Endive Salad Oatmeal Bread Butter **Broiled Grapefruit** Beverage

Recipe Given

Halibut Steaks.

Have center cut slices of halibut steak cut one inch thick, salt and pepper them and dredge lightly with flour. Fry to a light brown in butter. Remove to a platter and cover with sliced sauteed mushrooms, using about a pound for 2 steaks. Over this pour the following sauce:

Stew 1 No. 2 can of tomatoes with 1 cup of chopped celery, 1/2 chopped green pepper and

1 large chopped onion. When vegetables are tender. run all through a coarse sieve. Into this melt 1/4 pound of grated cheese, tablespoon of

butter, and salt and pepper to taste. just before serving sprinkle with CAN'T you just picture how brown.

There's distinction in salmon when ing-lemon juice and tomato:

Baked Salmon Slices. Salmon cut in individual servings tablespoons oil tablespoons lemon juice teaspoon salt Dash pepper 1 onion 1 tomato

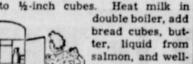
Bacon strips Brush slices of fish on both sides with the oil. Place in a baking dish, sprinkle with the lemon juice, salt and pepper. Then lay a thin slice of onion on each piece. Cover onion with a ¼-inch slice of tomato and top with a strip of bacon cut in two. Place in moderate oven (350

degrees) for 45 minutes. Salmon Fondue.

5 slices bread 1 cup milk 2 tablespoons butter 1 cup flaked, cooked salmon

3 eggs, separated 1/2 teaspoon salt ¼ cup grated American cheese

Trim crusts from bread and cut into 1/2-inch cubes. Heat milk in



used in place of the salmon.

No.

00

-190

out clean.





pretty that little darling will cheese and run under flame to look in this baby set? The romper and dress are the favored type with mamas of the younger setit's combined with discreet season- adorable but not fussy looking and so easy to launder. As for the slip and panties, they're easy on baby and mother, too!

Pattern No. 8333 is in sizes 1, 2, 3, and 4 years. Size 2 dress and rompers to-gether take 21% yards 35-inch material, slip and panties 1% yards.

Spanish Colonies Revolt

Caused Monroe Doctrine

In the days of President Monroe there was considerable apprehension that European interests might so interfere with South American states as to menace the security of the U.S. So Monroe declared that, in the American continents, any attempt to exploit

any territory for European colonization would be held an unfriendly act.

Spain was the country directly concerned, because of the South American Spanish colonies that

"BEAN RAG" for meal pennant





If you want your artificial flowers to stay the way you arrange them, half, fill the vase with fine sand. Press the stems into this and they will remain in place.

Coins are hard on a man's change pocket. Should a hole occur, an emergency repair may be made by sticking a piece of adhesive tape on both sides of the hole.

If your iron is soiled on the bottom, sprinkle a bit of salt on a newspaper and rub the iron over

. . . In watering hanging plants, slip an oiled silk cover over the bottom of the pot. The water cannot then drip through onto the floor.



Influence No star ever rose or set without influence somewhere.-Meredith.



In NR (Nature's Remedy) Tablets, there are no chemicals, no minerals, no phenol derivatives. NR Tablets are different-act different. Purely segtable-act combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is de-pendable, thorough, yet gentle, as mil-lions of NR's have proved. Get a 10¢ Con-vincer Box. Larger economy sizes, too.



Hope on Waking Hope is the dream of the wak-ing Man.-Pliny, the Elder.



Buttons in Front

BRIGHTEN the domestic scene

cut of it makes it fit superbly, soft-

ly through the top, close through

the midriff - then the tie-belt

cinches the waistline. Make it in

a cheerful cotton, with a dash of

ric rac around the sleeves and

. . .

Pattern No. 8320 is in sizes 12, 14, 16, 18, 20; 40, 42. Size 14, short sleeves, 334

yards 35-inch material, 1% yards ric rac.

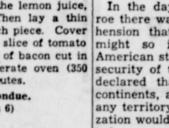
SEWING CIRCLE PATTERN DEPT.

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open neck.

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(Serves 6)

old-the Dionne Quintuplets' che

cold—the Dionne Quintuplets' chests, throats and backs are rubbed with Musterole—a product made especially to promptly relieve coughs due to colds, make breathing easier and break up local congestion in the upper bronchial tract. Musterole gives such wonderful re-sults because it's MORE than just an ordinary "salve". It's what so many Doctors and Nursescall a modern counter-irritant. Since Musterole is used on the Quints—you may be sure it's just about the BEST cold-relief made! IN 3 STRENGTHS: Children's Mid

IN 3 STRENGTHS: Children's Mild Musterole for children and people with tender skin. Regular for ordinary cases and Extra Strength for stubborn cases.



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-because they help develop proper growth, strong bones and sound teeth! Scott's Emulsion is rich in natural A and D Vitamins*-and so good-tasting. Also, 4 times easier to digest than plain cod liver oil! Buy today!



hot enough to brown a 1-inch cube of bread in 40 to 50 seconds. Fish is good when baked-espe-

cially with tomatoes and green pepber:

*Baked Whitefish, Creole. (Serves 5 to 6)

21/2 pounds whitefish, cleaned and boned

- Salt and pepper
- 3 tablespoons butter 1 small onion, chopped
- 4 cup green pepper, chopped
- 1 tablespoon flour
- 1% cups tomato soup
- 1/2 teaspoon sait 1/2 teaspoon worcestershire sauce

Place fish in greased baking dish, skin side down. Sprinkle with salt and pepper and brush with one tablespoon of the melted butter. Bake in a moderately hot oven (400 degrees) for 15 minutes. Melt 2 tablespoons of butter in saucepan and add chopped onion and green pepper. Simmer five minutes. Add flour and blend thoroughly. Then add tomato soup, salt and worcestershire sauce. Cook until mixture thickens, then pour it over the partially baked whitefish. Return to oven for 20 minutes more or until fish flakes easily.

Halibut is another good, substantial dish. Mild in flavor, it needs a tart sauce to pick up its delicate flavors:

Lynn Says:

Sauces for Fish: They're a

must with fish because they make

it most delicious dish. You'll like browned butter with lemon

juice and worcestershire sauce.

Or, just cream the butter and

Horseradish is popular with

fish. Take 1/2 cup drained, pre-

pared horseradish, season with

salt and pepper and one table-

spoon vinegar, then fold in 1/2

Tartar is not just another name

for sauce, it's an affinity wth fish

fillets. Make it by adding 1 tea-

spoon minced onion, 2 teaspoons

chopped, sweet pickle, 1 teaspoon

chopped green olives, and 1 ta-

blespoon vinegar to ¾ cup may-

Make a cup of medium-thick white sauce and add to this 1/2 cup grated cheese and let the

cheese melt. Or, 2 chopped, hardboiled eggs added to white sauce,

make a golden crown for baked or fried fish.

season with lemon juice.

cup of whipped cream.

onnaise.



A platter of fish with broccoli and corn fulfills a good portion of daily dietary requirements.

An early touch of spring goes into the menu with a fresh green salad:

Toss-Up Salad. (Serves 6)

- 14 head lettuce
- 1 cup diced celery
- 2 fresh tomatoes
- 2 hard-cooked eggs
- 1 clove garlic
- 1/2 bunch radishes
- 1/2 bunch watercress I cup raw spinach leaves

Shred lettuce, dice celery, cut tomatoes and slice radishes. Cut eggs into slices. Rub salad bowl with garlic and add vegetables. Serve with Erench dressing.

Cake Making? Bread Making? Cookie Baking? Budget Fixing? Housekeep-ing? You name the problem and ex-plain it. Miss Lynn Chambers will be glad to give you expert advice if you write to her, enclosing a self-addressed, stamped envelope for your reply, at Western Newspaper Union, 210 South Desplaines Street, Chicago, Ill. Released by Western Newspaper Union.

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"DITTY BOX" for the box a sailor uses to keep personal possessions

and Post Exchanges.)