

CLASSIFIED DEPARTMENT

RABBITS AND SKINS

POULTRY, Rabbits, Hides, Pelts, Wool, Hood white frier rabbit skins 400 to \$1.00 a lb. Ship on ask prices. Ruby & Co., 935 S. W. Front, Portland, Oregon.

FOR SALE

"CARBOLINEUM" WILL END YOUR WORRIES in battle against poultry mites. Only one application necessary each year. Results guaranteed. \$2.00 per gallon. Special prices in larger quantities. Northwest Wood Preserving Co., 314 W. Radio Central, Spokane, Wash.

FOR SALE—REGISTERED PERCHERON STALLION, six years old, weight 2000. Well broke to work. Address: Ray Poirier, Wapato, Wash. Phone 8111.

7.4 ACRES FOR SALE NEAR COLVALLIS, Oregon. Ideal chicken land. Reasonably priced. Anderson, Route 1, Box 377, Patterson, California.

USED dual axle logging trailer, \$25 x 20 tread extra good. Priced to move quickly. Write or phone Bartol Motor Co., Hood River, Oregon.

EXCELLENT 198 acres, Willamette valley farm, 195 acres under cultivation, fine 6-room home, good barn, machine shed, garage, outbuildings, completely equipped with new and modern implements; 9 acres fruit and walnuts, 8 cows. Near grade and high school. Valley town, 23 miles from Portland, city water, \$120 per acre, for additional information address Mathison-Demorest Co., 6300 N.E. Foster Road, Portland, Oregon.

WOOL—CARDED INTO WOOL BATS, knitting yarns, blankets. Send for folder and prices. Merrill Woolen Mills, Merrill, Wisconsin.

The Woman of It
Mr. Smith—Little Johnny is the picture of his father.
Mr. Jones—Yes, and his sister is the talk of her mother.

DISH THE DIRT



Mrs. Smith—You can't believe everything you hear.
Mrs. Jones—No, that's right; but you can repeat it.

Broken Commandment
Diner—I see that tips are forbidden here.
Waitress—So were apples in the Garden of Eden.

Sweet Thought
He—Will you marry me?
She—No, but I'll always remember your good taste.

Try Baby Talk
Mr. Black—What's the idea of the Smiths taking French lessons?
Mr. Blue—They've adopted a French refugee baby and they want to be able to understand him when he begins to talk.

No Apology Needed
Mr. Jones accused Mr. Smith of stealing his wallet. Then when he found it, he apologized. "Forget it," replied Mr. Smith. "You thought I was a crook. I thought you were a gentleman. We were both wrong."

In the Cavalry
Sarge—What's the matter with your hand?
Rookie—I put my hand in a horse's mouth to see how many teeth he had.
Sarge—So what?
Rookie—He closed his mouth to see how many fingers I had.

HELP WANTED

WANTED MEN AND WOMEN
Good Pay to Learn Furniture Trade Easy, Steady, Inside Pleasant Work—Rapid Advancement—No Experience Necessary
Mattress Dept. 50-110
Woodworking Dept. 60-190
Upholstering Dept. 50-137
Shipping Dept. 75-95
8 Hours Overtime Per Week at Time and Half
MONT'S MFG. CO., 56th & Foster Portland, Oregon

ATTENTION Laundry Help

EXPERIENCED and INEXPERIENCED. All departments. For day shift and swing shift, 4 to 10. Also Dry Cleaning. Earn while you learn. MODEL WASHINGTON LAUNDRY, 1165 Eastlake Ave.

WANTED CONSTRUCTION LABORERS

Seattle and other locations, Union Scale
The Austin Company
NAVAL AIR STATION
SAND POINT, SEATTLE, WN.

WOMEN FOR WORK IN CLEAN, MODERN PLANT OF WAXED PAPER, MANUFACTURER, MACHINERY HELPERS AND WRAPPERS NEEDED. NO EXPERIENCE NECESSARY. CLOSE TO BUS, ALDEN DISTRICT, ONE BLOCK FROM TRANSIT TERMINAL, APPLY IN PERSON, 1505 SIXTH SOUTH, PACIFIC WAXED PAPER CO. SEATTLE, WASHINGTON

DENTAL PLATES
AND ALL BRANCHES OF DENTISTRY ON CREDIT TERMS
Take 5, 10, 15 Months to Pay
DR. HARRY SEMLER, Dentist
ALISKY BLDG., 3rd & MORRISON - PORTLAND, ORE.



Put Health Into Menus With Vitamins Plus



Crisp greens give you plenty of vitamin A, B and C. Assemble them in your salads and get plenty of health insurance—you don't need points to shop for these.

What's the pep appeal of your meals these days? It should be better than ever before with spring vegetables dotting the markets colorfully in greens, yellows and reds. Many vitamin and mineral laden fruits are just coming into season so you homemakers should have no trouble getting your quota of two fruits, two vegetables and a citrus fruit into your family's diets.

In winter it is sometimes extremely difficult to meet that nutrition requirement because of the scarcity of vegetables and fruits and their consequent high prices. Now, though prices are higher than last year at this time, they are abundant, and most of us can afford to spend the extra money required to buy them.

Perhaps, you have a garden this year. You're probably planning to put up most of the produce, but you always have some crops available for immediate consumption such as lettuce, tender green shoots of onions, etc. In some parts of the country it's a bit early for some of these to make their appearance, but when they do, up and at them!

Homemakers are fortunately becoming more and more conscious of the importance of fruits and vegetables in the diet, and the more so they become, the more healthy will become each generation of Americans. Even those of you who have been deficient in these foods during the growing years will get much benefit from including these foods in your diet. A heavy meal calls for the light, crisp, "just right" feeling which fruits and vegetables supply.

Remember vitamins and minerals work hand in hand to give your body health and to keep it in good workable order. Most vegetables have many of both minerals and vitamins. It is interesting to know that greens (lettuce, parsley, watercress, turnip greens, etc.) are rich not only in iron that makes for good, rich blood, but also in vitamin A which promotes good health of skin, eyes, and keeps you buoyant and full of energy. The greens get a nice big star for being rich in Vitamin C, necessary for health of teeth and bones, and for quick healing of wounds.

Don't be surprised when the greens come in for a nice share of honors for vitamin B, also. That's the vitamin necessary for normal nutrition.

Easiest way to keep most of the vitamins intact is to serve the vegetables raw—as you would in a salad. The same goes for fruits. Don't let either of them soak in water or stand uncovered in the refrigerator—the vitamins seem to evaporate quickly, especially in the case of vitamin C, so easily lost by cooking or leaving exposed to air.

Lynn Says:
Fresh as a Day in May: So will be your foods if you keep them properly refrigerated. Desserts to cool you off and keep your appetites unjaded, if they're to be frozen, belong right in the freezer. Meats and fish are safest kept right under the freezer in a meat-keeper if you have one.

Milk, cream and beverages are stood along side the freezer unit. Custards, puddings, butter and staples fill the middle section nicely, are easy to get at. Leftovers, foods prepared ahead, salads, some fruits and berries are well refrigerated when kept on one of the lower shelves. The humid or crisper means just that for it keeps those fresh fruits and vegetables crisp and well refrigerated.

The storage bin at the bottom of the refrigerator is usually non-refrigerated, and gives splendid storage to cereals, crackers and extra beverages.

Lynn Chambers' Point-Saving Menu
Braised Liver and Onions
Whipped Potatoes
Parsleyed Carrots
Green Salad
Enriched Bread Butter
*Orangeade Refrigerator Pudding
*Recipe Given

Keeping vegetables well refrigerated insures at least a good degree of vitamin preservation. Keep them covered, too!

Arrange your crisp raw fruits and vegetables attractively. If you'd like to have some fun, really, then take out the old geometry text, and follow some patterns you find therein—they're fine inspiration for attractive appearing vegetable and fruit dishes.

Cottage Cheese-Vegetable Salad.
(Serves 6 to 8)
2 cups cottage cheese
1 garlic clove (optional)
1 teaspoon salt
2 tablespoons chopped chives or green onion
2 tablespoons chopped pimiento
¼ cup chopped celery
Paprika
2 cucumbers
1 medium sized onion
2 large tomatoes
2 carrots
French dressing
Salad greens

Rub mixing bowl with clove of garlic. Add cottage cheese, salt, and paprika. Fold in chopped chives, pimiento, celery. Turn into a bowl that has been rinsed with cold water. Chill in refrigerator. Unmold on center of large salad plate, surround with watercress, thin cucumber slices, onion rings, carrot flowers, tomato wedges. Serve with french dressing.



A salad bowl that's popping full of health with its tomato slices (vitamin C) lettuce (vitamins A and C) bananas (A, B, C), green peppers (A and very much C).

Here's a vegetable that makes a main dish when combined with macaroni:

Green Pepper Stuffed With Macaroni.
(Serves 6)
6 green peppers
1 cup cooked, elbow macaroni
½ pound grated American cheese
1 cup soft bread crumbs
¼ teaspoon Worcestershire sauce
¼ teaspoon salt

Cut a slice from top of green pepper, scoop out, and cook in boiling salted water for 5 minutes. Drain. Mix remaining ingredients, saving ½ of cheese for top. Fill peppers with mixture, stand upright in pan and sprinkle remaining cheese over top. Bake in a moderate oven 25 minutes.

Jaded appetites will respond quickly if you serve this delectable cool pudding:

***Orangeade Refrigerator Pudding.**
(Serves 9)
1 tablespoon gelatin
¼ cup cold water
1½ cups orange juice
¼ cup sugar
¼ teaspoon salt
2 tablespoons lemon juice
2 egg whites
¼ cup sugar
4 cups oven popped rice cereal
½ cup melted butter
¼ cup sugar

Soften gelatin in cold water. Heat orange juice, sugar and salt to boiling point. Add softened gelatin and stir until dissolved. Add lemon juice and cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which sugar has been added.

Crush cereal crumbs fine and mix with melted butter and sugar. Distribute evenly in bottom of a square pan and press down firmly. Pour in orange mixture. Chill in refrigerator. Cut in squares when firm, and serve with whole orange slices and whipped cream, if desired.

Lynn Chambers welcomes you to submit your household queries to her problem clinic. Send your letters to her at Western Newspaper Union, 210 South Desplaines Street, Chicago, Illinois. Don't forget to enclose a stamped, self-addressed envelope for your reply. Released by Western Newspaper Union.

Suit Accessories With Military Air



545
HERE'S a jaunty salute to spring in suit accessories with a military air! Both the becoming visor hat and the over-the-shoulder purse are of inexpensive cotton, done quickly in single crochet and popcorn stitches. Trim the hat with a gay ribbon.

Pattern 545 contains directions for hat and purse; illustration of stitches; materials required.
Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers. Send your order to:

Sewing Circle Needlecraft Dept.
82 Eighth Ave. New York
Enclose 15 cents (plus one cent to cover cost of mailing) for Pattern No.
Name
Address

Perhaps It's Best to Tell Other Side of Story First

"Yes," said the lawyer to the grocer, who had come to consult him "undoubtedly you've got the best case that I've ever heard."

"Thanks," said his client, quickly grabbing his hat and making for the door.
"Here, what's the rush," asked the astonished lawyer. "Where are you going?"
"I'm going to settle this case out of court and that right away!" the other informed him.
"But I told you it's the best case I ever heard."
"Maybe so," said his client, "but not for me. I've told you the other fellow's story."

Gas on Stomach

Believed in 5 minutes or double money back
When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, doctors usually prescribe the fastest-acting medicine known for symptomatic relief—medicines like those in Feen-A-Mint. No laxative. Feen-A-Mint gives comfort in a fifty or double your money back on return of bottle to us. Use at all drugstores.

DON'T LET CONSTIPATION SLOW YOU UP

When bowels are sluggish and you feel irritable, headachy, do as millions do—chew FEEN-A-MINT, the modern chewing-gum laxative. Simply chew FEEN-A-MINT before you go to bed, taking only in accordance with package directions—sleep without being disturbed. Next morning clear, thorough relief, helping you feel swell again. Try FEEN-A-MINT. Tastes good, is handy and economical. A generous family supply costs only

FEEN-A-MINT 10¢

Huge Arctic Wolf
The arctic wolf weighs five times as much as the Texas wolf.

MINOR BURNS RESINOL

Quick application of comforting Resinol gives prompt relief from fiery throbbing. Its oily base soothes parched skin.

Density of Saturn
The density of the planet Saturn is only seven-tenths that of water.

Kill APHIS

GET THE BLACK LEAF 40!
One ounce Black Leaf 40 makes 1 gallon of aphid spray. Black Leaf 40 kills aphids, leafhoppers, mealy bugs, locusts, and similar insects. Most home and commercial insecticides are not so effective. They do not like the smell. They do not last so long. They do not injure plants. Black Leaf 40 is the most effective and economical insecticide ever developed. INCORPORATED Louisville, Ky.
LOOK FOR THE LEAF ON THE PACKAGE

PATTERNS SEWING CIRCLE



Versatile Suit
VERSATILE costume... with jacket, a good-looking casual suit ready for everything... without jacket, first rate for every active sport.

Barbara Bell Pattern No. 1775-B, designed for sizes 10, 12, 14, 16, 18 and 20. Corresponding bust measurements 28, 30, 32, 34, 36 and 38. Size 12 (30) ensemble requires 4¼ yards 39-inch material.

Due to an unusually large demand and current war conditions, slightly more time is required in filling orders for a few of the most popular pattern numbers. Send your order to:

SEWING CIRCLE PATTERN DEPT.
530 South Wells St. Chicago, Room 1958
Enclose 20 cents in coins for each pattern desired.
Pattern No. Size
Name
Address

Barbara Bell Pattern No. 1762-B is designed for sizes 11, 13, 15, 17 and 19. Corresponding bust measurements 29, 31, 33, 35 and 37. Size 13 (31) requires 4¼ yards 39-inch material.

Energetic Birds
Birds are among the most energetic of all creatures. The chimney swift sets a fast pace of physical exertion—he is on the wing 19 hours out of every 24!

RICE KRISPIES MAKE A LITTLE MEAT GO A LONG WAY!

☆ S-t-r-e-t-c-h limited meatsupplies. Add crisp, delicious Rice Krispies to meat loaf, hamburger, casserole dishes. Perks up their flavor. Adds extra nourishment—Rice Krispies are rich in the whole grain food values of thiamin (Vitamin B₁), niacin, and iron.

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DON'T Let Our Fighting Boys Down; ★
★ Subscribe NOW for U. S. War Bonds

CLABBER GIRL Baking Powder

Now in the New Improved
MOISTURE PROOF CONTAINER

New Economy
... in war-time baking

Here's a new guarantee against waste of baking powder, against waste of baking ingredients... Full baking effectiveness in every ounce is now assured by the new, improved, moisture-proof Clabber Girl container... in all sizes at your grocer's.