

Here's A 'Meal-in-One'!



In tune with the times is this Meat-stretching Cabbage Casserole. Enriched white bread, milk, an egg, and cheese build up its protein value.

by Kathrine Wellingbrook

WANT to stretch half-a-pound of chopped meat to serve four—or maybe six? And would you like, at the same time, to make it into one of those handy one-dish meals?

Then try this new Meat-Cabbage Casserole.

You'll find that it complies with the three tricks that make a success of a one-dish meal: (1) balanced food value (2) appetizing flavor (3) contrasting textures in the ingredients used.

While we've suggested using only half-a-pound of chopped meat, you can use more if it's available—no body's going to object to a heartier meat flavor. But from the standpoint of nutrition, proteins ordinarily supplied entirely by meat are made up here. In part, by the enriched white bread, the milk, the egg and the cheese.

Bread Adds B-Vitamins

Enriched white bread, in addition to supplying proteins of meat quality, is one of our best sources of the "meat" vitamins: thiamin (vitamin B-1), niacin (another B-complex vitamin), and the food-mineral, iron, needed for good red blood.

The cabbage, of course, is sufficient unto itself as an excellent vegetable, providing vitamins A and C.

Meat-Cabbage Casserole
4 cups chopped cabbage
1/2 cup water
4 slices enriched white bread
1/2 cup milk
1/2 teaspoon grated lemon rind
1/2 to 1 pound chopped beef
1 onion (minced)
1 teaspoon salt
1/2 teaspoon pepper
1 egg, beaten
1/2 lb. American cheese sliced thin
Buttered bread crumbs

Put cabbage into baking dish greased at bottom only. Sprinkle with a little salt and pepper; add water. Cover and put into a moderate oven (375° F). Cut crusts off bread and pull into soft crumbs. Add milk and lemon rind. Beat well with fork. Mix beef, onion and seasonings. Add crumb mixture, mix well. Stir in beaten egg. Form into large flat cake slightly larger than baking dish. Remove cover from partly cooked cabbage. Place meat cake over top. Press against ungreased sides of dish to help prevent shrinkage. Return to oven. When meat is browned lay thin slices of cheese over top; sprinkle with buttered crumbs. Return to oven long enough to melt cheese. Baking time in all about 30 minutes. Serves 4-6.

Pedestrian Accidents Great Menace

Nearly every day a pedestrian is struck while crossing an Oregon street against a traffic signal according to figures compiled in the office of the state traffic division in a study to determine causes of pedestrian accidents in this state.

The division disclosed lately that pedestrian fatalities constituted slightly more than half of the total traffic fatality toll in Oregon so far this year while in normal times, pedestrian deaths amount to about one-third of the total accident toll.

Warning against the danger of starting across an intersection before the light turns to green, the safety division reminded pedestrians that state law requires persons on foot to observe traffic signals, crossing only when the light has turned to green and not when it shows red or amber.

In cities where walk-way lights are operated in connection with standard traffic signals, pedestrians are required to observe these lights at all times.

In listing typical pedestrian actions resulting in traffic accidents this year, the safety division announced that walking against a red traffic light, crossing highways when cars were approaching, walking on the right side of the highway instead of the left, facing approaching cars, and walking at night without showing white were the chief factors reported.

"Pedestrian accidents this year are striking at persons employed in various essential war industries of the state," the division's statement declared. "The average age of pedestrian fatalities has dropped from 63 or over to 51 during the first quarter of 1943. This means that people actively employed are being killed in this type of acci-

Planning Household Jobs Saves Energy in Wartime

"It's not the hours one puts in but what one puts into the hours that counts during this war period," says Lois A. Lutz, extension specialist in home management at O.S.C., in suggesting more attention to household planning in meeting increased demands for time.

A well planned day runs more smoothly, with less fuss and worry, and leaves more time for actually doing the jobs. Alternating heavy and light tasks is one way of reducing fatigue, while another help is choosing the right clothing and keeping household tools in good condition.

Early training of children to share in the daily tasks develops resourcefulness, personality, and character, as well as providing help for the mother. It's a poor theory that it's easier to do the job than to teach the child, she says.

Everyone has 24 hours a day. These cannot really be spent or saved. They can only be used," said Miss Lutz. "Success or failure may be determined by the way a homemaker uses her 24 hours.

This is a family war. Put your War Bond buying through the payroll savings plan on a family plan.

"Traffic accidents today are as costly to the war effort of this nation as casualties on the battlefield. When a war worker is killed, it often is as difficult to replace him as it is to replace a man killed in the armed services. For this reason, if for no other it is important that everyone drive and walk with greater care to avoid traffic accidents."

WAR WORK IN WASHINGTON BRINGS NEW PLEASURES FOR CAPITAL NEWCOMERS

WASHINGTON, D. C.—Two hundred "government girls" have said a glad farewell to the discomfort of living four in a room meant for two, and have moved their possessions to the first unit of an "all-girl city" now rising on the banks of the Potomac.

They are the first of some 7000 Washington war workers—all feminine—who will live in Arlington Farms, largest of six housing projects being constructed by the Public Buildings Administration of the Federal Works Agency, for the account of the Federal Public Housing Authority. The six projects will house an approximate 15,000 women.

Arlington Farms, located on what was the Department of Agriculture's experimental farm just across the Potomac from Washington and within walking distance of the Pentagon Building and Navy Annex, provides real "comfort living" for thousands of the girls who have come from every state in the Union to Washington to do the "paper work" of the war—stenographers, clerks, typists, telephone operators and what not. Heretofore, many of them have had to accept living conditions far below those to which they had been accustomed, because of the inevitable crowding of the capital of a nation at war.

Idaho Hall, now housing the first residents of Arlington Farms, and the nine other residence halls—each accommodating between 600 and 700 girls—is a spreading two-story structure of engineered timber construction, with the outer walls of Cemetso wall panels, the durable, insulating, weather and fire-resistant building material produced by the Celotex Corporation of which Bror Dahlberg is president. These panels or wall units, only 1 1/2 inches thick, possess greater heat and weather resistant qualities than an ordinary wall of traditional construction—an important feature for Washington weather where the cold is bitter cold and the heat is really hot.

No More Basements

The dormitory-like setup of these halls gives each girl privacy and companionship as well as attractive modern surroundings. After living in hall bedrooms, dark basement quarters and drafty attics, the girls welcomed

the residence halls and moved immediately into Idaho Hall.

Since the 200 girls are workers at the Pentagon, not far from the project, they have more leisure time than when they were forced to travel by public transportation from all parts of the city.

Unlike the traditional dormitory, there is no curfew and the girls have complete freedom. The public rooms, however, close at 11 p.m. on weekdays and at midnight on Saturdays. In addition to the large comfortable lounge, there are smaller rooms where card tables and comfortable easy chairs invite meetings, chats and reading.

The majority of the bedrooms are single rooms, which rent for \$24.50 a month. Girls eligible for quarters are limited to the income group from \$1,200 to \$1,800 yearly, to those who arrived in Washington after July, 1941, and those who live beyond reasonable commuting distances.

Rents are Low

The double rooms, which are relatively few compared to the single quarters, rent from \$16.50 to \$24.50 a month. Despite the standardization due to quantity buying, the use of different color schemes and room arrangements allows twenty-one various room combinations, and only a few rooms on the same floor in any wing are alike.

Thought has been given to the various types and tastes of different women and some of the rooms are more tailored in furnishings than others. To do this, rooms are equipped with either boudoir chairs and ottomans or a more tailored chair designed by Walter Baerman and Ethel Saarnen. Miss Gladys Miller was in charge of all furnishings and decoration.

Celotex's Cemetso-board is being installed in the buildings in accordance with a system of construction of the John B. Pierce Foundation of New York City, of which J. F. O'Brien is general manager and Robert L. Davison is director of housing research.

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Coming of the Black Robes

The plea of the French-Canadians for priests of the Catholic faith was heeded in 1838 when Fathers Francois Norbert Blanchet and Modeste Demers journeyed from Canada, by boat, horseback and on foot to reach the Willamette Valley in the famed Oregon Country.

They were welcomed at Fort Vancouver by James (The Black) Douglas on November 24th. Anticipating their coming, the devout Catholics had built a crude log church in 1836 where the Mission of St. Paul was established in January 1839. In 1846 the log structure was replaced by a brick church the first of its kind in the Oregon Country.

In July 1839, the Mission of St. Francis Xavier was established in the Cowlitz Valley, near the present Winlock, Washington.

The Indians referred to the priests as "Black Robes" because of their raiment. The Catholic missionaries were more successful among the Indians than were the Protestants for they had no home ties and could devote more time to missionary work. They lived and travelled with their dusky converts, feasting or fasting as the occasion demanded.

The ritualistic service of the Catholic faith also appealed to the imagination of the Indians. Blanchet and Demers worked hard in behalf of their faith. In 1847, Blanchet was made Archbishop of Oregon and Demers was appointed bishop of Vancouver Island.

Schools for boys and girls were established and churches were built through the indefatigable efforts of these earnest men of God.

Demers went to his reward in 1871 and his remains were interred in St. Andrews Cathedral, Victoria, B. C. Blanchet passed in

AAA SUMMARY SHOWS BIG CROP ACREAGE IN OREGON

Uncertainty over the amount of labor, machinery and supplies that will be available is not stopping Oregon farmers from an all-out effort to meet 1943 war production goals, final tabulations of the farm mobilization survey, as reported by the state AA office, disclose.

A summary of the 1943 farm plans for 52,543 of the state's approximately 60,000 farms shows that Oregon farmers intend to grow more of the needed crops and raise more live stock and poultry than they did last year. The survey, covering 18,500,000 acres of crop, pasture and range land, was made by 1200 AAA community committeemen during February and March.

Less than one-half of one per cent of Oregon's crop land will be idle this year, the farm plan summary shows. The report on 1943 intentions also shows that state goals for three vital war crops will be met, plantings of nearly all important crops will be increased, more live stock will be raised than ever before, and poultry production, both for eggs and meat, will be increased sharply.

TEMPORARY ADDRESS

St. Louis, Mo.—"I'll call you back," said a Red Cross regional director here when phoned by Tess Potter, field representative, from the scene of a Texas tornado. "Not here, you won't," she replied. "Linemen plugged in a phone for me and I'm making this call from the top of a telephone pole."

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1883. At his own request he was laid to rest in the little churchyard at St. Paul, the scene of his early labors. There beside him sleep many of the pioneers of old Oregon in the hills they loved so well.

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