

Mrs. Patterson to Attend Meeting

Mrs. Alice Patterson, Jackson County War Finance chairman, will be a guest of honor at a testimonial dinner to be held in Portland Friday, November 19, according to word received from E. C. Sammons, state chairman.

Mrs. Patterson will be a featured participant in the first statewide meeting of the Oregon War Finance Committee Million Dollar Club. The meeting will be broadcast over a statewide network at 8 p. m. Friday.

While in Portland Mrs. Patterson will join with state War Bond leaders in drafting a program for the sale of war bonds and stamps

USE DRIPPINGS FOR COOKING

To save butter and margarine ration points, Westinghouse home economists recommend bacon drippings for muffins, dark breads of all kinds, corn bread, molasses cookies, gingerbread and spice cake; chicken fat for pastries and cookies; suet for pie crust.

SOUP GREASY?

If soup looks a little on the greasy side, toss a lettuce leaf into the pot. It will absorb the grease and may be removed as soon as it has done its job.

The Miner for Quality Printing.

as Christmas gifts and for the Fourth War Loan which is scheduled to be launched early in 1944.

EN GARDE!

by Ruth Taylor

"What house is so strong or what state so enduring that it cannot be utterly overthrown by animosities and divisions?" So wrote Cicero nearly two thousand years ago.

"A warning against divisive tactics again!" you will say. "But don't you know the war is being won?"

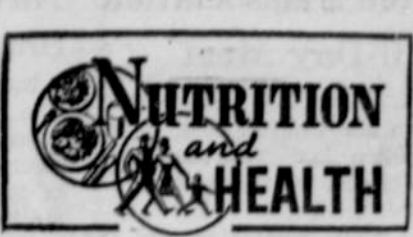
Of course it is being won, but in the winning we can suffer a bitter defeat. Of what avail is a Pyrrhic victory. The unity which grew up overnight when we were attacked is showing signs of being too quick a construction job. There are cracks across it and the breaches in the walls brought about by group hatreds and prejudices have not been mended.

Listen to people talk today. Notice how quick they are to blame their neighbors for all that is troublesome. I've had three examples of this recently. A labor man, whom I had always counted on as being a conservative as myself, showed me a flagrant example of self-interest on the part of one firm, and said "This is the attitude of industry." Another man whom I have always respected for his fairness, startled me by his denunciation of all labor after an outlaw strike condemned by labor itself. A third man made me sick at heart by a virulent diatribe against minority groups.

Those are cracks in the wall. Those are signs of danger. The greatest peril, however, will come when the siege halts and the men are withdrawn from the walls. Then if we let it happen, disunity will divide us into small self-seeking groups. Then will the breaches widen until a small force can march in and seize the state.

It has happened before. It can happen again. And it will happen to us unless we use care in preventing it. We must man the ramparts in the hour of calm as watchfully as in the heat of battle. We must stand shoulder to shoulder in the reconstruction of the world, never slackening in our fight against divisive influences. We must remain on guard to preserve our unity.

In the words of the great spokesman of unity, General Smuts - "Let us go forward in peace as we did in our adversity - as united fellow citizens in a free world."



Q. Why is calcium needed in the diet?

A. Calcium is needed for the formation of bones and teeth, for the normal action of the heart and nerves, and for the clotting of the blood.

Q. Are children's requirements for calcium higher than adults?

A. Yes. Because children are growing rapidly and need the calcium to form strong bones and teeth.

Q. What happens if there is a deficiency of calcium in the diet?

A. In adults the teeth start to decay and the bones become soft and porous. In children the disease known as rickets will develop.

Q. Where is calcium found in the body?

A. Ninety-nine percent of the calcium in the body may be found in the bones and teeth. The remainder is in the body fluid and tissues.

Q. What foods are rich in calcium?

A. Milk, cheese, and vegetables (especially greens).

Q. How can calcium losses in food preparation be prevented?

A. Cook fruits and vegetables in small amounts of water, and use the remaining liquid. Cook dried products in the liquid in which they are soaked.

Q. How can the calcium content of meat be increased?

A. If meat is cooked with the bones in the presence of a small amount of acid, the amount of calcium from the dish may be increased as much as 25 to 34 percent and an individual serving may furnish from 15 to 25 percent of the daily calcium requirement.

Four-H club work in Oregon this year grew much faster than in the nation as a whole, according to preliminary figures compiled by H. C. Seymour, state club leader. From 20,405 different boys and girls enrolled last year, the number jumped this year to around 27,000, an increase of more than one third.

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WRINGER ROLLS, PRECIOUS

When wringer rolls begin to lose their grip, the glaze can be removed, say Westinghouse home economists, who follow this procedure: Roughen rolls with coarse sandpaper, then wipe off with a damp cloth. Use sandpaper with discretion, of course.



Left-over mashed potatoes present quite a problem to the thrifty housewife who is anxious that no food be wasted in these critical times. Try this recipe the next time there are mashed potatoes from the day before:

PIGS IN BLANKETS

Wrap thin frankfurters or precooked link sausages in a coating of left-over mashed potatoes. Roll in flour. Fry until brown in hot skillet in melted margarine (use enough margarine to cover bottom of pan generously).

Other favorite low-point recipes are found in a 32-page cookbook "Ration-Time Recipes." Free copy may be obtained from National Cotton Council, Box 18, Memphis (1) Tennessee.

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by LEO REINER

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