

THE LOW DOWN from HICKORY GROVE

With groundhog day over, and the sap starting to run, and the woodpeckers beginning their tattoo, more and more candidates are clearing their throats. How they still manage to get on the planes and trains while everybody else is being told to stay at home, has me sorta up a tree, and be-

Most of the ones touring up and down and across the nation, are all set to save the world - not just the U. S. A. I am waiting for somebody to come along who is going to do something about saving us here at Hickory.

These folks who say they are in politics to save the world and not for their own benefit, are somewhat like the duck who was driving into town one day and met a neighbor. The neighbor says, "Bill, where are you going?" "Oh," says Bill, "I am going into town to get drunk, and how I do dread it."

Yours with the low down,
JO SERRA

BEAUTY TREATMENT

At the first sign of rust on refrigerator shelves use this treatment: Wash shelves with a mild scouring powder and hot water; dry well with a soft, clean cloth and, using another soft clean cloth apply a thin protective coating of melted paraffin. Although primarily a beauty treatment, this helps to retard the harmful spread of rust at its starting point in the joints and seams of the shelves.

USE MORE CABBAGE

An all-time record crop of cabbage is now on the market and the government asks your help in seeing that it doesn't go to waste. It is a very good source of vitamin C and may be used as a partial substitute for other foods high in vitamin C, such as oranges, grapefruit, and tomatoes. To get the full quota of vitamin C, however, Mrs. Julia Kiene, director of the Westinghouse Home Economics Institute, makes these recommendations: (1) Buy firm, fresh heads, not too large, and with green outside leaves when possible; (2) Store in the refrigerator, either in a crisper or vegetable bag, not in a paper sack; (3) Cook as quickly as possible in a covered container, and when preparing cabbage for salads, slaws, etc., chop or shred just before serving.

WOMEN'S CLUBS RECRUIT WAVES



Members of clubs in the Oregon Federation of Women's Clubs have pledged their support to assist the U. S. Navy in enlisting WAVES as their No. 1 war job in 1944, with clubs in this area participating with the 150 women's groups throughout the state in the first program of its kind in the nation. Above is shown Mrs. George Moorhead, Salem, president of the federation, with Ensign Elizabeth Hill of the WAVES Enlistment Headquarters, 735 S. W. Alder Street, Portland, who have worked together to organize the program.

PLACE OF CONVENTION CHANGED TO CHICAGO

Chicago will be the meeting place of the Biennial Convention of the National League of Women Voters, April 25 to 28, according to an announcement of a change in plans today from the League's Washington headquarters. While keeping the same dates previously announced the place of the convention has been moved from Missouri to the Stevens Hotel in Chicago.

5,000 SMITHS

Since November 10, 1775, when the U. S. Marine Corps was organized, more than 8,000 Smiths have enlisted. Close to 5,000 Smiths are serving in the U. S. Marine Corps today. Over 100 Smiths have been casualties to date.

Miss Marilee Erwin visited with her parents, Mr. and Mrs. I. C. Erwin during the spring vacation at the university.



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EXTRA SOILED SPOTS

Collars, cuffs, and neckbands of shirts, rompers, overalls and children's dresses usually need special attention and for such soiled spots, Westinghouse home economists suggest this treatment. Dissolve 1 cup granulated soap flakes in sufficient boiling water to make a thick jelly. With a soft bristled brush apply soap jelly to heavily soiled spots. Then put the garment into the wash with the other clothes.

Born to Lt. and Mrs. Warren Conrad at Corvallis on March 25, a daughter.

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START A SOUP POT

Grandmother "had something" in that big pot she kept simmering on the back of the stove. It was a thrifty way to use otherwise wasted leftovers. But the constant simmering was a bit tough on vitamins. So to improve on her idea a little, keep a big jar in the refrigerator. Pour into it the extra liquid from all canned or fresh-cooked vegetables, bits of plain or buttered vegetables. Save marrow bones and meat scraps and simmer with a bay leaf for two or three hours. Then add contents of the "cold storage soup pot," as it's called in the Westinghouse Home Economics Institute, and boil for ten minutes. The result—a wonderful soup.

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