

**VOTE FOR
WALTER W. WHITBECK**

DEMOCRATIC CANDIDATE

for
**UNITED STATES SENATOR
ADVOCATE AND TIRELESS WORKER FOR
THE DEVELOPMENT OF OREGON**

He proposes a Federal reforestation program and the opening of the mineral deposits of our Eastern and Southern Oregon counties.

After the war thousands of ships will be built and he will use his influence to prevail upon the maritime commission to keep Oregon shipyards operating.

He will support further development of hydroelectric power, rural electrification and the construction of the Umatilla Dam.

VOTE X 42

Read the Voter's Pamphlet

Pd. Adv.

**STATE'S SHOPPERS
HELP WIN BATTLES
SAVING BAG A DAY**

Oregon's 337,731 housewives could conserve enough paper daily to make 17,690 containers for 75-mm. shells by saving one paper grocery bag a day, according to an announcement by Howard Coonley, director of the conservation division of the War Production Board. This daily paper saving would amount to 31,662 pounds.

Paper conservation also releases supplies for ammunition and food boxes, practice bombs, bomb bands, blood plasma cartons, protection for ambulances in shipment, camouflage materials and many other items. More than ten times as much tonnage of munitions, food and materials is being shipped overseas in this war as in 1917-1918.

Cpl. Paul Icenhower recently visited his parents.

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The Starline Ballroom
in down town Ashland will close temporarily for renovation.

We wish to thank each and every one of you for your patronage during the past season.

Watch this paper for reopening date.

Goldie Yorton

**MORE WOMEN DAIRY MAIDS
NEEDED; RANCH COOKS TOO**

Additional spring classes to train women dairy workers are being arranged by the OCS Extension Service in response to calls from Oregon dairymen for help, announces Mrs. Mabel Mack, assistant state farm labor supervisor in charge of recruiting for the women's land army. Each course lasts from one to three weeks, according to previous experience of students.

Applicants found suitable will have all expenses paid while taking the course, including transportation to Corvallis. Those who take the training agree to stay in dairy work at least three months when suitable jobs are available.

Mrs. Mack is also recruiting ranch cooks to meet a keen demand from many parts of the state. Anyone with past experience and interested may get details direct from her. Both of these war important jobs pay high wages, she says.

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**6 Stew-pendous
Ways to Stretch
Meat Rations**

There's not a more versatile dish in the archives of American culinary art than the famous meat stew. Found on the tables of rich and poor alike, it is a standard item on the national bill of fare.

Even with American meat production at an all-time high, the multiple requirements of the armed forces, lend-lease, and civilians necessitate that meat be conserved and extended. The nation's cooks and homemakers, searching for ways to extend meat dishes and conserve precious ration points, have discovered that merely by adding one or two ingredients to the basic American stew they can achieve almost an endless variety of meat dishes with an international flavor.

Following are recipes for six stews which speak various languages:

Hungarian Goulash

- 1 pound beef (for stew)
- 2 medium onions, chopped
- Lard or drippings for browning
- 1 tablespoon paprika
- 1 clove garlic, minced
- 2 cups water
- 4-6 potatoes, diced
- 1 teaspoon salt

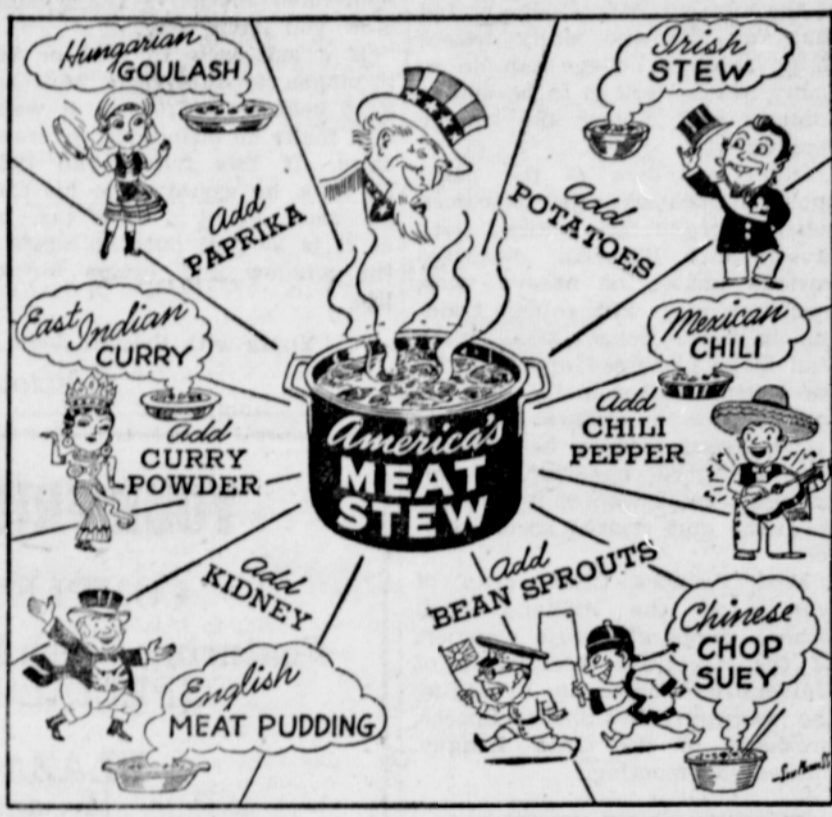
Cook onions in drippings about 5 minutes. Add the meat and seasonings and water. Simmer one hour. Add diced potatoes. Simmer until tender, about 30 minutes. Add bread dumplings if desired.

East Indian Curry

- 1 1/2 cups cubed lamb
- Lard or drippings for browning
- 3/4 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- 1 clove garlic, finely chopped
- 1 tablespoon curry powder
- 1 1/2 teaspoons salt
- 2 cups lamb broth (stock made from bones removed from lamb roast)
- 2 tablespoons flour
- 1 tablespoon Worcestershire sauce

Cover meat with water and simmer until tender. Brown vegetables in drippings, then combine them with seasonings, broth, and meat. Simmer for 30 minutes. Thicken with flour. Serve the curry with rice.

STEW TALKS MANY LANGUAGES



English Meat Pudding

- 1 beef kidney
- 1 cup water or soup stock
- 1 pound chuck steak
- Lard or drippings for browning
- Salt and pepper

Wash kidney, cut into pieces. Cover with water and simmer about 30 minutes. Cut steak into strips and brown. Add one-half cup water and simmer until tender. Combine steak and kidney. Season. Thicken gravy. Serve with or without a top of pastry or biscuits.

Mexican Chili

- 1 pound coarsely ground or chopped beef
- Lard or drippings for browning
- 1/2 cup onion, chopped
- 1 tablespoon garlic, minced
- 2 tablespoons chili pepper
- 1 tablespoon paprika
- 1 cup tomatoes
- 3 cups cooked red beans

Brown meat and onions in lard or drippings. Add garlic, chili pepper, paprika, and tomatoes. Cover and simmer 1 hour. Add cooked beans. Heat and serve on boiled rice, if desired.

Chinese Chop Suey

- 1 1/2 pounds pork shoulder, cubed
- Lard or drippings for browning
- 1 cup celery, cut in 1-inch pieces
- 1/2 cup chopped green pepper
- 1 No. 2 1/2 can tomatoes
- 1 can bean sprouts
- 6 tablespoons cornstarch
- 3 tablespoons brown sauce
- 2 tablespoons soy sauce
- Salt and pepper

Brown pork. Add celery, green pepper and tomatoes, and simmer about 30 minutes. Add drained bean sprouts. Thicken with cornstarch blended with brown sauce, soy sauce, and water. Season to taste. Serve with boiled rice.

Irish Stew

- 2 pounds lamb (for stew)
- Water to cover lamb
- 1/2 cup carrots, diced
- 1/2 cup turnips, diced
- 1 onion, sliced
- 4 cups potatoes, sliced or diced
- 1/4 cup flour
- Salt and pepper

Simmer lamb for 1 hour. Add vegetables and simmer for 30 minutes. Add potatoes and cook 30 minutes longer. Thicken gravy. Serve.

A recent law passed by congress provides three months' allowance plus transportation to any qualified physician or dentist who will move to a community needing his services, for one year's practice. Communities in need of such aid may make application through the State Health Department.



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