

CLASSIFIED DEPARTMENT

RABBIT SKINS
POULTRY, Hides, Wool, Good white frier tame rabbit skins 60¢ to \$1.00 a lb. Ship or ask prices. Ruby & Co., 835 E. W. Front, Portland, Ore. Gen.

HELP WANTED
REGISTERED DRUGGIST
PERMANENT opportunity for druggist with ambition to get ahead; rapid advancement leading to management. Open to druggists with ability. Write or call on Mr. Harold Meyer, 1108 So. Kay St., Tacoma, Wash.

FOR SALE
NEW THORNLESS BLACKBERRY
Absolutely thornless Bowen Berry. Doesn't grow from root cuttings or suckers. Small, not noticeable seeds. Many berries over two inches long, one inch in diameter. Flavor similar to Lucania Dewberry. Ship prepaid ready for transplanting. Satisfaction guaranteed.
Plants — \$1.00 each — 6 for \$5.00
J. C. Bowen
Box 1901 Bay Road Palo Alto, Calif.

NUTS pay off every year! And you have all winter to play. 200 acres, incl. 65 of 18 yr. walnuts inter-set with prunes, 25 A. & B. yr. soft-shelled, 40 acres cleared land. Fine water system, good buildings, \$29,000 or 22,000 without crop. Dan Harmon, Broker, Newberg, Oregon. Many others listed.

540 ACRES, 1 mile from Arlington. 200 tillable, bal. native grass, 50 acres summerfallow, 20 cows, bull, grade A dairy equipment. Water under pressure, 7 room house, electric, income \$7500.00 year, price \$12,000.00. E. C. Strahm, Arlington, Oregon.

DINTY'S AUTO CAMP—Two acres, 14 cabins, three houses; shade, lawn, deep well, good water system, gas in cabins. Established 19 years. Age reason for selling \$20,000; terms Virgil Winterrowd, 1414 S. First, Yakima, Wash.

Not being able to hire competent help I have decided to sell my business consisting of stock of general merchandise, fixtures, 10 1/2 in. x 6 and Locker box plant, 107 boxes located in prosperous wheat section. T. N. Mayfield, Mansfield, Wash.

FOR SALE: Complete restaurant equipment including fountain, doing good business. Priced to sell. O. W. Nonna Sommerfeld, Sandpoint, Ida.

REFRIGERATORS — Large variety commercial sizes for stores, restaurants, institutions. No household types.
S. BIRKENWALD CO.
310 N. W. 5th, cor. Everett St., BR. 1205 Portland, Oregon

POST OFFICE, grocery, tavern. Market fully equipped, mod. living quarters all in new concrete tile bldg., on Mt. Loop hwy. A real work house, but really makes money. Lady says sell all \$12,000, half down. Grigsby Land Co., 261, Sandy, Oregon.

600—Registered Berkshire, Fall-Spring Bred Gilts, sows, boars, weanlings. From 5 champion boars. Priced to sell. Ives Stock Farms, New Boston, Ill.

SPECIAL
SONG POEMS WANTED! You send the words, I'll compose the music. Free examination. Eliot Wright, Box 3861-Y, Portland, Ore.

HOW I started mail order business with \$100 capital that soon brought up to \$1,000 daily in cash orders. Write Evans, 2768 West 8th, Los Angeles 5, Calif.

MEADOW mushrooms wanted—picked in fields only—not in woods. 25¢ per pound. Ferguson Canning Co., Snohomish, Wash.

"RABBIT REVIEW"—The rabbit raiser's monthly magazine, 25¢ year or 16 months \$1.00. "Rabbit Review", Box 829, Okanogan, Wash.

GOOD HEALTH
Your Greatest Possession
Regain it by being relieved of Hemorrhoids (Piles), Fissures, Itch, Fungal, Herma (Treatment). Our method of treatment without hospital operation successful used for 33 years. Liberal credit terms. Call for examination or send for FREE booklet.
Open Evenings, Mon., Wed., Fri., 7 to 8:30
Dr. C. J. DEAN CLINIC
Physician and Surgeon
N. E. Cor. E. Burnside and Grand Ave. Telephone EA 3918, Portland 14, Oregon

Kiss Proof!
Girl Student—Oh, professor, what do you think of me now that you've kissed me?
Prof—You'll pass!

But Deadly
Joe—Didn't that fellow get burned up?
Bill—What fellow?
Joe—The one they cremated!

SAME DIFFERENCE
Him—Are you going to summer in the country?
Her—No, I think I'll simmer in the city!

What a Man!
Jones—I envy the man who sang the tenor solo in church today.
Smith—Why, I thought he had a very poor voice.
Jones—So did I, but just think of his nerve!

Real Shock
Patient—I want something to put me in a fighting trim. I hope this prescription has something in it to do that.
Doctor—Well, you'll find that in the bill anyway.

HOUSEHOLD MEMOS... by Lynn Chambers



Lunch Boxes Can Be Versatile (See Recipes Below)

Lunch Box Tips

Vacation times are over! Invigorated by fresh air and tanned by the sun, children, office workers and defense plant employees are returning to their various duties. It's important that a healthful schedule be followed after returning to work so that the benefits of vacations are not despoiled immediately. That means, for one thing, a sensible lunch to carry both children and adults energetically through the day. Lunches, whether they're eaten in the quiet of home, at the school desk or in a plant cafeteria, should contain a third of the day's food and nutritional requirements. Here's the plan:

- 2 or more good sandwiches
- 1/2 to 1 pint of milk
- Salad or stuffed eggs, carrot strips or celery
- Dessert—pudding, cake or sweet
- Surprises—dates, nuts, candy, etc.

Before we get into suggestions to amplify the plan, let's first set up a list of equipment which is good to have on hand for the makings of lunch. When the lunch is an everyday matter, and there are more than one to make, perhaps, it's a good idea to get a corner of the cupboard with equipment ready so as to save time in making. A bread board with a sharp knife for cutting bread, and another knife or spatula to make the spreading of butter and fillings easy is a must. Then you need waxed paper for wrapping, string or rubber bands for tying in some cases, paper napkins, paper cups or jelly glasses with tightly fitting covers for salads, puddings, etc., straws for drinking, forks and spoons, individual salt and pepper cellars to tuck in the lunch box itself.

In a corner of the refrigerator itself, you can keep butter for spreading (to be taken out night before so as to be soft for spreading in the morning), fruits and vegetables, salads, puddings, and jars of sandwich filling. This latter can be made at any time during the day and stored for use. Make enough to last for several days.

Now, we're ready for the business of the lunch itself. Sandwiches are first on the list. Everyone knows how to make sandwiches, but are they the kind you like to eat? Use this score card for them:

1. Is the bread fresh and moist?
2. Is there a variety of bread from day to day?
3. Is the filling palatable and

Lynn Says

Cooking Quickies: Whipping cream won't whip? Pour it into a bowl and set in another bowl filled with cracked ice. Then beat and watch it whip.
Use liquid from canned or cooked vegetables with which to flavor soups, gravies and casseroles.
Make one crust pie instead of two crust ones. It saves time and pastry.
Save dabs of butter from butter plates. Use them for flavoring vegetables in cooking.
Don't over-buy because foods are a bargain. Buy only those you can use.
Grind bits of leftover meat, mix with softened butter or mayonnaise, pickle relish, celery and a dash of catsup. Store in jars and set in refrigerator until sandwich time.

Lynn Chambers' Point-Saving Menu

- Cream of Tomato Soup
- *Liver Sausage Sandwich Spread on Whole Wheat
- *Deviled Egg Sandwich Spread on White
- Carrot Cole Slaw
- Milk Butterscotch Rice Pudding
- *Recipe given.

- moist, with peak flavor?
- 4. Is the filling spread out to the sides of the bread?
- 5. Is the sandwich well wrapped so that it is not soggy and dried out by the time lunch time comes?
- 6. Is the filling varied from time to time?

Here is a good, home-made bread to keep on your list when you are using a lot for sandwiches:

- Partial Whole Wheat Yeast Bread.
- 1/2 cup molasses
- 3 cups lukewarm milk
- 1 cup lukewarm water
- 4 teaspoons salt
- 6 tablespoons shortening
- 1 teaspoon sugar
- About 6 cups all-purpose flour
- About 6 cups whole wheat flour
- 2 cakes quick-acting yeast

Dissolve yeast in lukewarm water, add sugar. Let stand 10 minutes. Scald milk, add molasses and salt. Cool milk to lukewarm and add yeast mixture. Combine the flours and add all but 1 cupful. Hold that until you know whether it is needed. Some flours require more liquid than others. Then add soft-ened shortening, mix well and turn out onto a floured board. Knead dough until it is elastic and does not stick to the board. Place in a greased bowl and cover. Allow to rise until doubled. Shape into 4 medium loaves and place in greased tins. Let rise to top of tins or double in bulk. Bake in a 350-degree oven for 1 hour.

You'll want a variety of sandwich fillings on hand. Include these in your repertoire:

- *Deviled Egg Spread. (Makes 1 serving)
- 1 hard-cooked egg
- 1/2 teaspoon salt
- Pepper
- Mustard
- 1 teaspoon vinegar
- 1 teaspoon chopped parsley
- 1 tablespoon mayonnaise
- Chop eggs fine. Add other ingredients and mix well.

- *Liver Sandwich Spread.
- 1 chopped onion
- 1 tablespoon butter
- 2 hard-cooked eggs
- 1/2 pound liver sausage or steamed liver
- 1/2 cup cream
- Salt and pepper
- Put liver through grinder or mince. Mince eggs. Brown onion in melted butter until light brown. Mix all ingredients well. Keep spread in cool place.

- Bacon Cheese Sandwich Spread.
- 3 ounces cream cheese
- 1/2 cup chopped, cooked bacon
- 1/2 teaspoon horseradish
- 1/2 teaspoon Worcestershire sauce
- 1 tablespoon milk
- Blend all ingredients and store in the refrigerator until ready to use.

- Flaked Fish Spread.
- 1 cup fish flakes (salmon or tuna)
- 1 tablespoon chopped celery
- 1 tablespoon chopped sweet pickle
- 3 tablespoons mayonnaise
- 1/2 teaspoon catsup
- 1 teaspoon horseradish
- Salt and pepper
- Mix all ingredients together and store until ready to spread.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois. Released by Western Newspaper Union.

Farm Topics

Hidden Gold Saves High Protein Feed

Proper Fertilizers Essential War Need

Good pasture will provide livestock growers with "hidden gold" in the form of beef-making feeds that will conserve vitally needed protein crops, if proper management methods are followed.

"Pasture must continue to occupy a more essential place in the nation's livestock producing program until the war's end for several reasons," a statement by the Middle West Soil Improvement committee points out. "Shortages of labor and machinery have shown no signs of marked improvement. The scarcity of high protein feeds continues. Because of these facts, farmers will have to rely on pasture crops as a major source of sustenance for their livestock.

"Grains will, of course, be fed but farmers will want to use every bushel of grain where it will help make the most meat.

"Practical experience of successful livestock growers has demonstrated that high-producing pasture combinations will yield a beef pound-



Pastures Aid Increase

age per acre that compares favorably with the return from crops with higher seeding, tillage and harvest costs. For instance, a mixture of alfalfa and brome grass made more than 3 pounds of beef an acre daily in a test in Michigan.

"Bringing pastures to a high production level and maintaining them at this rate requires good management methods. This means following a soil conservation program that builds up fertility and provides plant foods that will assure a good stand of legumes and grasses. In such a program the use of a fertilizer containing phosphorus and potash plays an important part.

"Where a permanent pasture crop is planned, farmers will find generally that a top dressing of fertilizer this fall will pay for itself many times in producing earlier and more succulent grass for spring grazing next year as well as a heavier growth later.

"Agronomists at state colleges and experiment stations are glad to cooperate with farmers in providing information covering the most effective use of fertilizers on pasture crops. One important fact should be borne in mind in considering the soil's nutritional needs. This fact is that while crops such as alfalfa and clover add to the soil's nitrogen supply, they eat up its phosphorus and potash reserves."

Wild Plants Studied For Vitamin Content

Experiments to determine the vitamin value of various wild plants have been conducted by the U. S. department of agriculture, looking to a time when other sources of important vitamins might be lacking.

Buffaloberry, a native fruit of the western states and one of the popular fruit-bearing shrubs recommended for erosion control, proved exceptionally rich in ascorbic acid (vitamin C). A generous serving of the berries was found to furnish about twice the standard daily allowance of vitamin C. Jam made from the berries contained about two-thirds as much of this vitamin as the fresh fruit.

New Hampshire-grown wild blueberries were found to contain a fair supply of vitamin C if eaten raw. Experiments showed wild rice as a good source of several B vitamins—thiamine, riboflavin, nicotinic acid, and pantothenic acid. And ordinary field mushrooms, Agaricus campestris, were also found to be rich in these four B vitamins.

Whole Milk Selling

A quarter of a million farmers have switched from selling farm-separated cream to selling whole milk during the last five years. Farm sales of whole milk at wholesale increased from 40 billion pounds average for 1935-39 to 60 billion pounds last year, a jump of 50 per cent. This increase was much greater than the total gain in farm milk production. It is not expected that postwar conditions will change this picture to any degree.

SEWING CIRCLE PATTERNS

Summer-Time Chic in Jumper Non-Slip Straps Sure to Appeal



1216
36-52
1206
11-18
In High Colors
TRY this smooth jumper in high-style colors—in lime green, fuchsia, powder blue, gold or an eye-taking lipstick pink! Trim it in white ric rac if you use a solid color—in brilliant "pick-up" colors if you use a checked, striped or plaided material.

Straps Cut With Slip
A BOON to the woman who likes a wide shoulder strap cut right in with the slip. It's particularly appealing to the older woman and the woman of stout build. Makes up nicely in both rayon silks and satins and in cottons. The tailored panties match the slip.

Barbara Bell Pattern No. 1216 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38, slip, built-up shoulders, requires 2 1/2 yards of 39-inch material; 1 1/4 yards for panties.

For this attractive pattern send 25 cents in coins with your name, address, pattern number and size wanted. 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.
149 New Montgomery St.
San Francisco, Calif.
Enclose 25 cents in coins for each pattern desired.
Pattern No. Size

Household Hints

If the surface of a piece of your furniture becomes scratched, rub it with a piece of walnut kernel. The scratch will disappear as if by magic.

Dip the ends of rag rugs in starch after washing and they will lay flat on the floor instead of curling on the edges.

Don't do without a grater just because such articles are scarce in the stores—make one! Take the lid from a mayonnaise or peanut butter jar, and drive nail holes from the inside out. Put them fairly close together, and the rough surface on the outside does the grating.

If apples or bananas which are to be used in fruit salads are covered with grapefruit juice and chilled, they will not darken and discolor the salad.

Save the core wax paper comes on to wrap your doilies on to prevent wrinkling after laundering.

If anyone has a rusty wire clothes line which can not be replaced for the duration, it can be made nearly as good as new by painting with black automobile enamel.

Roosevelt Descendant

Including President Franklin D. Roosevelt, 20 direct descendants of Nicholas Roosevelt (1658-1742) have been listed in the 22 editions of Who's Who in America published since 1899; they constitute the largest number of entries to be descended from one man.

St. Joseph ASPIRIN

To relieve distress of MONTHLY Female Weakness
(Also Fine Stomachic Tonic)
Lydia E. Pinkham's Vegetable Compound is famous to relieve periodic pain and accompanying nervous, weak, tired-out feelings—when due to functional monthly disturbances. Taken regularly—Pinkham's Compound helps build up resistance against such annoying symptoms. Pinkham's Compound is made especially for women—it helps nature and that's the kind of medicine to buy! Follow label directions.
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

WHEN PETER PAIN HITS WITH NEURALGIA PAINS...

..RUB IN Ben-Gay QUICK

- Get soothing, blessed relief from tormenting neuralgia pains—with fast-acting Ben-Gay! Your doctor knows the famous pain-relieving agents—methylsalicylate and menthol. Well, Ben-Gay contains up to 2 1/2 times more of both these wonderfully soothing ingredients than five other widely offered rub-ins. Get genuine, quick-action Ben-Gay!

BEN-GAY—THE ORIGINAL ANALGESIQUE BAUME
Also For PAIN DUE TO RHEUMATISM AND MUSCLE PAIN AND COLDS. THERE'S ALSO MILD BEN-GAY FOR CHILDREN.