

QUIT DOSING CONSTIPATION!

Millions Eat
KELLOGG'S ALL-BRAN
for Lasting Relief

Harsh laxatives got you feeling down? If yours is the common type of constipation, caused by lack of sufficient bulk in the diet, follow this pleasant way to lasting regularity.

Just eat a serving of crisp, delicious KELLOGG'S ALL-BRAN every day and drink plenty of water! Do this regularly—and if your trouble is due to lack of bulk—you may never have to take another laxative the rest of your life! ALL-BRAN is not a purgative—not a medicine. It's a wholesome, natural laxative food, and—

KELLOGG'S ALL-BRAN is Richer in Nutrition than whole wheat

Because it's made from the vital outer layers of wheat, in which whole-wheat protective food elements are concentrated. One ounce of ALL-BRAN provides more than 1/2 your daily iron need—to help make good, red blood. Calcium and phosphorus—to help build bones and teeth. Vitamins—to help guard against deficiencies. Protein—to help build body tissue essential for growth. Eat ALL-BRAN every day! Made by Kellogg's of Battle Creek and Omaha.

WITH XZIT

SOOT ERADICATOR

A TEASPOON OF XZIT sprinkled on the fire regularly will remove soot from chimneys, fireplaces, furnaces and stoves and keep them clean. Soot wastes heat—is always a fire hazard.

Try XZIT. It's safe; easy to use. Is excellent in an emergency for putting out chimney fires.

Keep a cleaner house and get all the heat you pay for. Ask for XZIT at your hardware, fuel dealer or grocery store.

XZIT SOOT ERADICATOR
3800 South Hoover Street
Los Angeles 44, California



Watch Your Kidneys!

Help Them Cleanse the Blood of Harmful Body Waste
Your kidneys are constantly filtering waste matter from the blood stream. But kidneys sometimes lag in their work—do not act as Nature intended—fail to remove impurities that, if retained, may poison the system and upset the whole body machinery.
Symptoms may be nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength.
Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.
There should be no doubt that prompt treatment is wiser than neglect. Use Doan's Pills. Doan's have been winning new friends for more than forty years. They have a nationwide reputation. Are recommended by grateful people the country over. Ask your neighbor!

DOAN'S PILLS

SNAPPY FACTS about RUBBER

Post-war automobiles may ride on rubber springs which will eliminate noise and the necessity for lubrication. B. F. Goodrich has supplied over half a million rubber springs for military landing vehicles.

B. F. Goodrich is now making tires of a new kind of synthetic rubber. The new rubber makes tires wear longer.

Since cotton is of almost equal importance with rubber in the manufacture of tires, the rubber industry is one of the biggest customers of the Agricultural South.

Steel and brass are used in the manufacturing of ordinary passenger car tires.



HOUSEHOLD MEMOS... by Lynn Chambers



Good to Bake—That's Devil's Food Cake (See Recipe Below)

Cake Tempters
Family hungry for cake? As a general rule, families take it easy on cakes during the spring and summer because there's a wealth of fruits and berries to solve the dessert problem. But, comes the first whiff of fall in the air, when the kitchen will stay cool enough even for baking, and there's the family on mother's heels begging for a cake.
Then, too, husbands and sons will soon be returning, and they will want a big taste of mother's good homemade cake. Be ready for the call when it comes, homemakers, with a brand new line-up of recipes that are bound to win the family.
We're still aware of the strategic situation in regard to sugar, so the following recipes don't go all-out for sugar. They're taste-tempting and delicious in spite of it all, and there's a grand variety from which to choose. Take your pick:
*Bran Devil's Food Cake. (Makes 16 cupcakes)
1 1/4 cups sifted cake flour
1 1/4 cups sugar
1/2 cup cocoa
2 1/2 teaspoons baking powder
1/2 teaspoon soda
1 teaspoon salt
3/4 cup shortening
1/2 cup whole bran
1 cup milk

Lynn Chambers' Menus
Stuffed Veal Shoulder
Browned Onions Carrots
Potatoes
Cranberry-Orange Salad
Biscuits
*Bran Devil's Food Cake
Beverage
*Recipe given.
with marmalade, spooned on top of batter; sprinkle with mixture set aside for topping. Bake in a hot (400-degree) oven for 25 minutes. Serve warm, cut in squares.
Sour Cream Spice Cake.
1/4 cup shortening
1 cup brown sugar
1 egg
3/4 cup thick sour cream
1 1/4 cups sifted cake flour
3/4 teaspoon baking soda
2 teaspoons baking powder
1/2 teaspoon salt
2 teaspoon cinnamon
3/4 teaspoon cloves
Cream sugar and shortening, add egg and beat well. Add sour cream. Sift flour with baking soda, baking powder, salt, cloves and cinnamon. Add two tablespoons of the dry ingredients to the creamed mixture. Beat thoroughly. Add remaining dry ingredients to the first mixture, beating well. Pour into a well-greased and well-floured pan and bake in a pre-heated 350-degree oven for 30 minutes.
An unusual variation in cakes is to use gingerbread as an upside-down cake with an apple or orange topping. This saves both sugar and fussing as it is not necessary to make an icing for this type of cake:
Gingerbread Upside-Down Cake.
1/4 cup shortening
1/2 cup sugar
1 egg
1/2 cup molasses
1 1/4 cups sifted flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
3/4 teaspoon ginger
1/2 cup sour milk
Bottom of pan:
2 tablespoons butter or substitute
1/2 cup light corn syrup
1/2 cup nuts
2 sliced apples or oranges
Cream sugar and shortening. Add egg, beat well. Add molasses, blend. Sift dry ingredients and add alternately with the milk to the creamed mixture. To prepare pan, melt butter and add corn syrup. Arrange fruit and nuts. Pour batter over fruit and bake for 35 minutes in a 375-degree oven. Turn cake out of pan immediately after removing from oven.
For those of you who like your whipped cream and can't get it, here is an excellent way of making it:
Whipped Cream.
1 1/2 teaspoons plain, unflavored gelatin
1/2 cup cold milk or water
1 cup well-chilled light cream
Soften gelatin in cold liquid. Set over hot water and stir until thoroughly dissolved. Pour cream into fairly deep, narrow bowl, making sure it is deep enough so cream covers at least 3/4 of the beaters. Stir in softened gelatin gradually. Set bowl in a pan of ice and let stand 5 minutes, stirring around edges several times. Leaving bowl in ice and water, beat with rotary beater 5 minutes. Cream will be light and fluffy but will not stand stiff enough to peak. Let stand 1 or 2 minutes more in ice water, stirring gently. Cream will thicken and become stiff enough to peak. This may be sweetened and flavored to taste. It may be served immediately or kept in refrigerator or cold place until ready to serve. Texture improves on standing in refrigerator for 1/2 hour. Stir until smooth and serve.

Released by Western Newspaper Union.

Star Dust

STAGE SCREEN RADIO
Released by Western Newspaper Union.
By VIRGINIA VALE

INGRID BERGMAN's finished 7 1/2 million dollars' worth of films, all Academy Award material, that haven't been released as yet. Two years ago she did "Saratoga Trunk," with Gary Cooper, but Warners' had a lot of war pictures on hand, so "Saratoga Trunk" was held up, may be released in February. Then she did "Spellbound," which may be out soon. After that came "The Bells of St. Mary's," with Bing, due at Christmas time. Now she's making "Notorious." Then she'll make another USO tour through the Pacific area; after that she'll go abroad for "The Scarlet Lily," to be made in Palestine and Jerusalem—It's supposed to be the life story of Mary Magdalene.

Alice Frost, radio's leading shudder-show charmer, has an album filled with horrible photos of herself—about to be murdered, screaming



ALICE FROST with fright, etc. One's signed "One of my fondest heroines, Boris Karloff." The pictures were taken on every mystery series she's starred on.

Dennis O'Keefe says it's an empty honor that stole up on him as he was finishing his co-starring role in "Getting Gertie's Garter"—the optometrists of Westwood, Calif., voted him the man "best suited to wear glasses"—which he doesn't!

Maj. Allen Martini, whose Flying Fortress, "Dry Martini," holds the world's record for shooting down 15 German planes in 22 minutes, makes his screen debut as an officer of a B-29 in "The Bamboo Blonde." He was production assistant on RKO's "The Falcon's Alibi," and during his college days was identified with Little Theater groups at Palo Alto.

Producer Edward Small, planning to make "The Life of Valentino," can't decide whether to hand the choice role to a star or an unknown. Unknowns have done all right in big parts—Cornel Wilde in "A Song to Remember," Robert Alda in "A Rhapsody in Blue," Jennifer Jones in "The Song of Bernadette." On the other hand, Paramount gambled—to the tune of a million or so—on Isa Miranda, in "Hotel Imperial," and lost, as did Goldwyn with Anna Sten. Still, Small is inclined to take a chance on the man who'll play Valentino.

Reconversion is here on the air as well as in industry, especially in "Superman." He was doing fine with the atom last year, till war department officials asked him to lay off, for reasons of military security. So now he's set to do things with Kryptonite, more powerful than Uranium, with the problems of establishing peace in the world uppermost in his mind.

Robert Cummings will never forget certain scenes in "The Bride Wore Boots," in which he co-stars with Barbara Stanwyck. They were made on location at Hidden Valley, with the temperature past the 100-degree mark. In the script it was Christmas. So Bob wore a heavy, well-padded suit, and a beard, regardless of the blistering sun—he was being Santa Claus.

Fast work on the part of actor-soldier Patrick Lee landed him a screen role while enjoying a two-week furlough. He took a bus from Camp Roberts to Hollywood, hitchhiked to Warners', and by noon was before the cameras in "Her Kind of Man," with Faye Emerson, Zachary Scott and Dane Clark. He said the best part of the job was wearing a blue serge suit for the first time in over two years.

ODDS AND ENDS—Parkyakarkus is grateful for the publicity—a soldier wrote him from a Louisiana army camp that on a certain night recently the password was "Meet Me at Parky's."... Best kept secret in Hollywood's radio circles was the recent appearance of Bing Crosby's boys on the opening Frank Sinatra program—it was kept for ten days before the broadcast. "...Mr. District Attorney" leads the list of fifteen evening "Network Hooperations."... Jerry Colonna's first film role since his return from an overseas tour with Bob Hope is in the Disney "Make Mine Music"—singing "Casey at the Bat."

Classified Department

RANCHES FOR SALE

STOCKED VALLEY FARM
Price \$29,900, \$7,500 down. In the Skykomish Valley, 60 acres, splendid soil. A going dairy farm with good buildings on main highway. 17 milk cows, 400 chickens, all equipment included in price. 4-bed-room farm home; ext. quarters for help; 20-stanchion barn. This is a money-making farm.
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2 1/2 ACRES Middle Fork of John Day River, on Big Boulder Creek, heart of mule deer and elk country and Ponderosa pine forest. Stocked and equipped 40 acres irrigated, free water, buildings, Resort property, hunting, fishing, outing, prospecting, mining. For group, or lodge people or certain interested people for a hunting location. A real location for many opportunities. Investigate—\$7000.00 Cash. Geo. Sutton, Bates, Oregon.

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120-A. DAIRY AND STOCK RANCH
50+ acres cultivated, best soil, adjoining outside range, 6-rm. house, big barn, other bldgs., 14 stanchions, drinking cistern. Electric water system, fruit, trout stream, thrifty place. Ph. 300. Real bargain, possession at once. G. R. Drake, A. J. Lane, Wash.

Poultry Farm and hatchery, 11 acres, 40,000 incubator cap. mod. elec.; 10,000 broiler cap. 2,000 laying hen cap. Price \$30,000. Earnings 20% of investment. All health forces sale. Estab. 29 yrs. Ph. Oregon City 2-2247 or write P. J. Snyder, Rt. 3, Box 17, Oregon City, Ore.

DAIRY RANCH for sale by owner, 50 Jersey cows and heifers. All kinds of farm tools, 1/2 ml. frontage on Siletz River. Good fishing and hunting. You will have to scramble to get this ranch. Poor health reason for selling. Roy C. Main, Siletz, Ore.

240 ACRES, near Chehalis, Wash.; all fenced, 60 acres cultivated, half-mile bottomland, creek, orchard, 7-room house, large barn. Adjoining pasture land can be leased, \$4,000 down, balance easy terms. 1424 S. 45th St., Tacoma 8, Washington.

DIVERSIFIED FARM—200 acres, good buildings with modern improvements, electricity, good road with mail, school and cream rts. \$30,000. If interested, write H. Koger, Cove, Oregon. (Union Co.)

IRRIGATED FARM, 95 A., on Columbia River Highway. Fully equipped with stock, machinery, elect., 6-rm. house, modern. A. E. McFarland, Boardman, Oregon.

12 ACRE, upland dairy farm, good buildings, spring water. \$5,500. \$5,000 down, balance, terms. John A. Johnson, Route 3, Box 369, Kent, Washington.

RABBITS & SKINS

IVE rabbits 4-6 Lbs. 24c. Want rabbit skins, poultry, seal, all weights paying good prices. Ruby & Co., 935 S. W. Front, Portland, Oregon.

HELP WANTED

LOGGERS—Exp. fallers and buckers, choker setters and hookers needed at once; permanent, good wages, comfortable cabins, schools; priv. boarding hse. for single men. At Butte Falls, Ore. Write personnel mgr., Medford Corporation, Medford, Oregon.

WANTED, an experienced Cannery mechanic. Steady, permanent job, with good salary for man who understands filling machines, and can repair. Apply by mail or phone. Butler Packing Company, 7519 East Marginal Way Seattle Wash., Phone Rainer 1000.

MECHANICS, body men, painters. Permanent employment, plenty of overtime, top wages. Pasco Auto Co., Pasco, Wash.

AUTO mechanic, thoroughly experienced. Make and front end work. Permanent position, union scale, 48 hrs. per week. Clean, light shop. References required. Shaub-Ellison Co., 19th & Pacific Ave., Tacoma, Wash.

BUTTONHOLE workers Singers attachments, side, back \$12.50 White Rotary Singer Electric. Portable, Console, treadle machines. Sewing Machine Shop, 167 Whitehall, Atlanta, Georgia.

CHEVROLET mechanic, exp. Gd. wages, excel. working cond. Incentive pay. Eitzen Chev. Co., 305 Main, Dallas, Ore.

MECHANICS wanted experienced in international truck & tractor work. Must be A-1. Steady employment. Sig Pett, Roseburg, Oregon.

NURSERY STOCK

FRUIT AND NUT TREES SREUBS, BERRY PLANTS, etc. Orders taken now for fall delivery. Free catalog upon request. TUALATIN VALLEY NURSERIES, Route 1, Box 310, Sherwood, Oregon

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TRACTOR, Model 40 Diesel, Cletrac. Just thoroughly overhauled, new tracts, rollers. Reasonable. Ward Hoskins, Dayton, Washington.

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60 A. Irrig. Wov Wire, 5 M. E. Hermiston, 3 Mi. Proposed Umatilla Dam. Good bldgs. Fully equipt. Turkey or Deer. Wise to retire. Price \$10,000. Inq. J. Jendzejewski, Hermiston, Oregon.

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Soluble capsules containing the essential oil of fresh garlic; odorless and tasteless; a natural remedy for arthritis, rheumatoid aches and pains; a natural intestinal antiseptic; 5 weeks supply \$3. Ask your druggist for ADAM'S GARLIC PEARLES. Or write direct Richmond Adam Company, P. O. Box 282, Bellingham, Washington.

DAIRY GOATS: Nubians—bred does—breeding bucks. Barnes, Route 1, Box 177, Olvania, Washington.

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PLASTIC RUBBER
Liquid Rubber for making any mold for cold mixed, quick setting, chip proof plaster, Cast on, Castwood Plastic gifts, plaques, novelties. Sample 23 oz. with full directions \$2.95 postpaid. San Diego Plastic Products, 3373 California St., San Diego, Calif.

HISTORY of World War II. Complete, authentic. Salesmen general every town. Big profits. General Distributors, P. O. Box 3797, Portland 8, Oregon.

Heat-Resistant Eggs
Eggs that retain good table quality for two weeks at a temperature of 100 degrees Fahrenheit have been developed by poultry scientists of the department of agriculture. Most eggs are practically unfit for table use after one week at that temperature. Hens that lay the heat resistant eggs were developed by selective breeding from stock that had produced eggs of unusually good keeping quality.

Measures to Prevent Fires
Fires spread from floor to floor through hollow partitions and up stairways. In every dwelling the basement should be cut off from the first floor by a heavy door, and it is desirable to plaster the entire basement ceiling with cement or gypsum plaster on metal lath. Hollow partitions should be "fire-stopped" at the basement level to retard the spread of a basement fire.

Gas-Testing Apparatus Developed
A sensitive "nose" which literally sniffs out gas ratios in copper wire annealing furnaces has been developed by a large electric equipment manufacturer. This gas analyzer has already saved wire manufacturers thousands of dollars, for it ensures safe processing of copper materials without the former danger of oxidation or brittleness affecting the quality of the wire.

Cows Need Carotene
The vitamin A potency of milk and butter depends upon the quantity of carotene in the cow's diet. The cow's principal sources of carotene, from which she manufactures vitamin A, are fresh green pasture and good quality roughage of other kinds. Properly stored butter retains its A content.

Wool Clip Declines
The quantity of wool shorn in 1945 is estimated at 322,621,000 pounds by the department of agriculture. This quantity is 7 per cent smaller than shorn wool production in 1944 and 18 per cent below the record production in 1942. It is the smallest production since 1928.

Improving Pastures
Mowing is the least expensive and one of the most profitable ways to improve pastures, agronomists of the agricultural extension service point out. Mowing will help in controlling weeds, and increase quantity and quality of grazing.

New Variety of Barley
"Wong," a new variety of barley, is resistant to mildew—a disease which often attacks the leaves and stems of barley in the spring. Yields of 60 to 70 bushels per acre have been reported.

Banks Ready for Building Loans
More than 10,000 private financial institutions in every part of the United States are equipped for financing America's postwar home building and modernization program with the aid of FHA insurance.

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A long awaited government release makes DDT available and permits Stauffer Chemical Company to supply this convenient and effective insecticide to farmers, dairymen, poultrymen, householders. Ample stocks are ready for immediate shipment. Available in 3 forms—dust, dry spray mix, oil emulsion. Consult your dealer—or write direct.

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