

Hints for the Home by Nancy Hart

LEFT-OVER VEGETABLES

The expert home salad maker becomes quite as efficient in using up odds and ends of certain sorts as the soup maker does in disposing of certain other left-overs in the making of soup.

Extreme daintiness is required in using left-over vegetables. If left-over spinach is used it should be drained and moulded carefully, not piled in a moist mass on the lettuce leaves.

Never use any olive oil that is not of the very best quality and perfectly fresh. It is better to use a fresh can of cheaper salad oil than any olive oil that is not up to a high mark.

Some salad makers insist that neither lettuce nor endive should ever be cut with knife or scissors, but always pulled apart by the fingers.

Most salads are best if dressed and put together just before being eaten. However, preparation for the salad making should begin far enough in advance to provide chilling of all vegetables and fruit to be used raw.

Vegetable Pies

A vegetable pie is another vegetable dish that makes use of left-overs. To make it, prepare a mixture of cooked vegetables in a baking dish, and season them liberally with pepper and salt.

The combinations for this pie are legion. You might try lima beans, whole small onions, green peas and diced turnips; or tomato, corn cut off the cob, diced green pepper and pimiento and diced new potatoes; or sliced onions and asparagus tips.

W. C. T. U. NOTES

MARY A. NOTSON, Reporter. David Starr Jordan, noted scientist and educator, has prepared a poster for schools, which reads as follows: "Science Outlaws Beverage Alcohol."

The case against alcohol centers in its relation to the accuracy of the nervous system. Whatever harms the brain and nerves impairs the integrity of life. The sole purpose of its use as a beverage is to force the nervous system to lie, thus vitiating its power of recording and acting upon the truth.



To make money requires good management.

It requires so little ability to save money that we wonder why ALL people don't do it. Prosperity requires dollars and sense.

A man or woman who is sensible enough to make money is losing the profit on his energy when he fails to save.

FARMERS & STOCKGROWERS NATIONAL BANK There is No Substitute for Safety

certain as to what he sees or feels, hazy as to cause and effect, and unsteady as to resultant action. No man of high purpose can afford to endanger in any degree the validity of those mental processes which register his contact with reality.

the demand for it, and the weaker the will power in resistance. The chief argument used in favor of moderate use of alcohol is its value in conviviality. But, as President Eliot has observed, "Abstinence from alcohol kills no joys of the account while it impairs the chances of continuous working power."

tion, on July 3, 1930, at Columbus, Ohio, adopted, among other resolutions, the following: (a) The National Education association reaffirms its stand in favor of the Eighteenth Amendment and of the laws enacted thereunder. It urges their vigorous and impartial enforcement and pledges its support to an active educational campaign in the schools in behalf of habits of living for which the Eighteenth Amendment stands.

facturers in their efforts to foster cigarette smoking. It commends for use in the schools selected periodicals which do not carry tobacco advertising. Is there any scientist or educator better fitted than Dr. Jordan to testify in regard to alcoholic beverages? Is there any body of men and women more interested in the

general welfare than the National Education association? Let us give heed to them. Eugene—A total of 13,640 pounds of sodium chlorate and 5,150 pounds of Atlatide have been used by Lane county farmers this year in an intensive campaign against weeds, reports County Agent O. S. Fletcher.

OFFICIAL GENERAL ELECTION BALLOT FOR MORROW COUNTY, OREGON, NOVEMBER 4, 1930.

Mark (X) between number and name of each candidate or measure voted on.

Table with columns for State and District, For United States Senator in Congress, For Representative in Congress, Second District, For Governor, For Justice of the Supreme Court, Position No. 1, and For Justice of the Supreme Court, Position No. 5.

Table with columns for For Justice of the Supreme Court, Position No. 6, For Superintendent of Public Instruction, For Commissioner of the Bureau of Labor, For Senator, Nineteenth Senatorial District, For Representative, Twenty-Second Representative District, and For Justice of the Supreme Court, Position No. 1.

Table with columns for COUNTY (For County Judge, For County Commissioner, For County Treasurer, For County Assessor, For County Surveyor) and PRECINCT (For Justice of the Peace, For Constable).

Table of Referred to the People by the Legislative Assembly, including measures like REPEAL OF STATE PAYMENT OF IRRIGATION AND DRAINAGE DISTRICT INTEREST, STATE CABINET FORM OF GOVERNMENT CONSTITUTIONAL AMENDMENT, BONUS LOAN CONSTITUTIONAL AMENDMENT, and MOTOR VEHICLE LICENSE TAX CONSTITUTIONAL AMENDMENT.

Table of Proposed by Initiative Petition, including measures like ANTI-CIGARETTE CONSTITUTIONAL AMENDMENT, ROGUE RIVER FISHING CONSTITUTIONAL AMENDMENT, LEGISLATORS' COMPENSATION CONSTITUTIONAL AMENDMENT, and INCOME TAX BILL.

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