LEFT-OVER VEGETABLES

The expert home salad maker be comes quite as efficient in using up odds and eds of certain sorts as the soup maker does in disposing of certain other left-overs in the making of soup. But there is always danger of making this sort of salad look like a repository of left-overs-salvage from the kitchen garbage

the making.

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. Left-over peas should be whole, and added to the salad with

apparent design. Never use any olive oil that is not of the very best quality and perfectly fresh. It is better to use fresh can of cheaper salad oil 15 than any olive oil that is not up to a high mark. The same applies to vinegar. Only a very little vinegar should be used in dressing saladthe cost for each serving being al-most inconsiderable—and it should

therefore be of the best quality. 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 chill-ing of all vegetables and fruit to be used raw. This is especially true in warm weather.

Vegetable Pies

A vegetable pie is another veg etable dish that makes use of leftovers. To make it, prepare a mixture of cooked vegetables in a baking dish, and season them liberally with pepper and salt. Over them some thickened vegetable stock, of any kind. Then cover with a rich crust and bake until the crust is brown.

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 Or boiled pared radishes, green peas, string beans and small onions. A sprinkling of minced parsley adds to the flavorsomeness of one of

22

W. C. T. U. NOTES

MARY A. NOTSON, Reporter. David Starr Jordan, noted scient ist 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 Whatever the nervous system. 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 record ing and acting upon the truth. Men drink to feel warm when they are really cold, to "feel good" when conditions are not good, to feel emancipated from those reserves and restraints which are the essence of character building. Alcohol is a depressant, appearing as a stimulant mainly because it checks the highest nerve operations first. Its influence impinges on the chief mental functions: sensation, reason motion. It leaves its subject un-



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 falls to save.

FARMERS & STOCKGROWERS NATIONAL BANK

There is No Substitute for

certain as to what he sees or feels, the demand for it, and the weaker that action is the will power in resistance. The steady as to resultant action. No man of high purpose can afford to moderate use of alcohol is its value (a) The National Education assoman of high purpose can afford to endanger in any degree the validity of those mental processes which register his centact with reality. From alcohol kills no joys of any of the laws enacted thereunder. It Alcohol is always a habit-forming drug; the greater the injury to the nervous system, the more insistent account while it impairs the chandrug; the greater the injury to the nervous system, the more insistent account while it impairs the chandrug; the greater the injury to the nervous system, the more insistent account while it impairs the chandrug; the greater the injury to the nervous system, the more insistent account while it impairs the chandrug; the greater the injury to the nervous system, the more insistent account while it impairs the chandrug; the greater the injury to the nervous system, the more insistent account while it impairs the chandrug account while i

paign in the schools in behalf of facturers in their efforts to foster cigarette smoking. It commends Education ass for use in the schools selected per-heed to them. iodicals which do not carry tobacco advertising. Is there any scientist or educator

general welfare than the National Education association? Let us give

Eugene-A total of 13,640 pounds of sodium chlorate and 5,150 pounds better fitted than Dr. Jordan to tes-tify in regard to alcoholic bever-county farmers this year in an in-

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

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

STATE AND DISTRICT

can—unless great care is taken in For United States Senator in Congress Vote for One

> LLEWELLYN A. BANKS, of Jackson County. "Restore Constitutional Rights"-Independent. Republican. CHAS. L. McNARY, of Marion County.

H. H. STALLARD, of Multnomah County. "Liberty and Justice"-Independent. O. D. TEEL, of Umatilla County. "Socialist"-Independent.

ELTON WATKINS, of Multnomah County. Democratic.

For Representative in Congress, Second District. Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco and Wheeler Counties

Vote for One

"Socialist"-Independent.

ROBERT E. BRADFORD, of Union County. Democratic 17 ROBERT R. BUTLER, of Wasco County. Republican 18

Vote for One For Governor. EDWARD F. BAILEY, of Lane County. Democratic JULIUS L. MEIER, of Multnomah County. "For the People"-Independent. PHIL METSCHAN, of Multnomah County. Republican. 21

ALBERT STREIFF, of Multnomah County

For Justice of the Supreme Court, Position No. 1. Vote for One

PERCY R. KELLY, of Linn County. Republican; Democratic.

For Justice of the Supreme Court, Position No. 5. Vote for One

JAMES U. CAMPBELL, of Clackamas County.

Republican. 25 OLIVER P. COSHOW, of Douglas County. Democratic.

For Justice of the Supreme Court, Position No. 6. Vote for One

26 HARRY H. BELT, of Marion County. Republican; Democratic.

J. E. HOSMER, of Marion County. "Socialist" - Independent.

For Superintendent of Public Instruction. Vote for One

C. A. HOWARD, of Coos County. Republican; Democratic

For Commissioner of the Bureau of Labor. Vote for One

JAMES M. ALLEY, of Lane County.
"Socialist"—Independent

For Senator, Nineteenth Senatorial District, Mor-

C. H. GRAM, of Marion County. Republican; Democratic

Democratic

row, Umatilla and Union Counties. Vote for One FRED E. KIDDLE, of Union County. Republican.

For Representative, Twenty-Second Representative District, Morrow and Umatilla Counties. Vote for One

E. C. PRESTBYE, of Umatilla County.

JOSEPH N. SCOTT, of Umatilla County. Democratic. W. O. STAVER, of Umatilla County Republican.

COUNTY

Vote for One For County Judge. Democratic. R. L. BENGE. Republican. WM. T. CAMPBELL

Vote for One For County Commissioner. Republican. GEO. N. PECK. Democratic. 38 SAM J. TURNER.

For County Commissioner, to fill unexpired term ending Dec. 31, 1932. Vote for One

Democratic. C. G. BLAYDEN. Republican. G. A. BLEAKMAN. E. C. HELIKER. Independent. 41

Vote for One For County Treasurer. Republican; Democratic. L. W. BRIGGS.

Vote for One For County Assessor. Republican. FRANK W. TURNER Democratic. JESSE J. WELLS.

Vote for One For County Surveyor. Democratic; Republican H. TAMBLYN.

PRECINCT

Vote for One For Justice of the Peace.

Vote for One For Constable.

Referred to the People by the Legislative Assembly.

REPEAL OF STATE PAYMENT OF IRRIGATION AND DRAINAGE DISTRICT INTEREST-Purpose: To repeal article XI-b of the state constitution, which now provides for the issuance and sale of state bonds and the payment, with the money received therefrom, of the interest on bonds issued by irrigation and drainage districts, for the first five years after such bonds are issued; the districts to repay the state after the district bonds are paid Vote YES or NO

Yes. I vote for repealing the Article.

No. I vote against repealing the Article.

STATE CABINET FORM OF GOVERNMENT CON-STITUTIONAL AMENDMENT - Purpose: To amend the state constitution to provide that the only executive and administrative state officers elected by the people shall be governor, secretary of state and state treasurer, all other heads of executive and administrative departments to be appointed by the governor with consent of the senate; to create the following state departments: agriculture, labor and industry, financial administration, commerce, education, public works and domain, health and public welfare, police and military affairs, legal affairs; to abolish all other executive and administrative offices, boards and commissions, and transfer all their powers, duties, obligations, etc., to such new departments.

Vote YES or NO

Yes. I vote for the amendment.

No. I vote against the amendment. 303

BONUS LOAN CONSTITUTIONAL AMENDMENT-Purpose: To extend the privilege of securing state loans under the soldiers' bonus law to residents of Oregon who served any time in the Spanish-American war or in the Philippine insurrection, or the Boxer rebellion in China, also to persons otherwise qualified who were not residents of Oregon when they entered the service, but who shall have been actual residents thereof for ten years continuously immediately before filing application for loan; and increasing the amount of state bonds authorized for such purposes from three to four per cent of the total assessed valuation of all property in the state.

Yes. I vote for the amendment.

304 No. I vote against the amendment.

MOTOR VEHICLE LICENSE TAX CONSTITUTION-AL AMENDMENT—Purpose: To amend section 32 of article I of the state constitution so as to authorize the legislative asembly to classify and subclassify property, including motor vehicles, for purposes of taxation, and, in providing for an excise or privilege tax, to take into consideration use, value and depreciation of the property affect-Vote YES or NO ed, without specific assessment,

306 Yes. I vote for the amendment.

307 No. I vote against the amendment. MOTOR VEHICLE LICENSE TAX CONSTITUTION-AL AMENDMENT-Purpose: To amend section 1 of article IX of the state constitution so as to authorize the legislative assembly to classify and subclassify property, including motor vehicles, for purposes of taxation, and, in providing for an excise or privilege tax, to take into consideration use, value and depreciation of the property affected, without specific assessment.

308 Yes. I vote for the amendment.

No. I vote against the amendment.

CONSTITUTIONAL AMENDMENT FOR FILLING VACANCIES IN THE LEGISLATURE-Purpose: To amend section 3 of article IV of the constitution of Oregon to authorize the filling of vacancies in the legislature in such manner as may be provided Vote YES or NO

310 Yes. I vote for the amendment.

No. I vote against the amendment.

LEGISLATORS' COMPENSATION CONSTITUTION-AL AMENDMENT-Purpose: To amend the state constitution to fix the compensation of members of the legislature at \$500 for the term of two years, together with travel pay for going to and returning from the place of meeting, as now provided by the constitution; the presiding officers to receive onehalf of their allowance as members as additional compensation.

Vote YES or NO

Yes. I vote for the amendment.

No. I vote against the amendment. 313

Referendum Ordered by Petition of the People.

TWO ADDITIONAL CIRCUIT JUDGES BILL-Purpose: To provide for two additional judges of the circuit court of the state of Oregon for the fourth judicial district, comprising Multnomah county. Vote YES or NO

Yes. I vote for the proposed law.

No. I vote against the proposed law.

INCOME TAX BILL-Purpose: To levy and collect annually a progressive state tax upon net incomes of resident and non-resident natural persons and fiduciaries, from every source within the state and from property taxable therein; making exemptions to single person of \$1,500; married person, head of family, or husband and wife together, \$2,500; and for each child or dependent under certain conditions, \$400; and providing that the estimated amount of income taxes for each year be deducted from the total amount of revenue required for state purposes, and only the balance of such required amount be levied as direct taxes on prop-

Yes. I vote for the proposed law. 316

No. I vote against the proposed law. 317

Proposed by Initiative Petition.

ANTI-CIGARETTE CONSTITUTIONAL AMEND-MENT-Purpose: To amend the constitution by adding a provision prohibiting the importation, manufacture, sale, purchase, possession, or giving away within the state of cigarettes, cigarette papers, or materials for the manufacture of cigarettes, or the advertisement of the same in any manner whatsoever, and making a violation of Vote YES or NO such provision a misdemeanor punishable upon conviction thereof by fine of not less than \$25, nor more than \$250, or imprisonment in the county jail not less than thirty, nor more than ninety days, or by both such fine and imprisonment.

Yes. I vote for the amendment.

No. I vote against the amendment.

ROGUE RIVER FISHING CONSTITUTIONAL AMENDMENT-Purpose: Constitutional amendment making it unlawful to take or fish for any kind of fish in Rogue river, and its tributaries, and within a radius of three miles from its mouth, except with rod or line held in hand and hook or hooks baited with natural or artificial bait or lure; excepting the state and United States taking fish for propagation purposes; making each violation thereof a misdemeanor punishable by fine not less than \$100 nor more than \$1,000, or imprisonment in the county jail not less than fifteen days, nor more than six months, or both such fine and

Votet YES or NO

Yes. I vote for the amendment.

imprisonment.

No. I vote against the amendment.

LIEUTENANT GOVERNOR CONSTITUTIONAL AMENDMENT—Purpose: Constitutional amend-ment to provide for election of lieutenant governor at same time, in same manner, with same qualifications as governor; to receive \$500 annual salary and no other compensation except when serving as governor; to be president of senate and appoint senate committees, but have no vote except upon a tie. If governor's office becomes vacant, to become governor for remainder of term; acting governor during governor's temporary absence or disability. Secretary of state becomes governor until next election, if both office of governor and lieutenant governor become vacant, and serves as acting governor during temporary absence or dis-ability of both.

Vote YES or NO

322 Yes. I vote for the amendment.

No. I vote against the amendment. 323

PEOPLE'S WATER AND POWER UTILITY DIS-TRICTS CONSTITUTIONAL AMENDMENT— Purpose: To amend article XI of the constitution so as to authorize the creation by the people of utility districts consisting of territory which is contiguous or otherwise, within one or more counties, which may include one or more incorporated municipalities, with or without territory outside of such municipalities, for the purpose of supplying water for domestic and municipal purposes, and for development, distribution, disposal and sale of water, water power, and electric energy; under the management of boards of directors consisting of five resident members each; and specifying the powers of such districts.

Vote YES or NO

324 Yes. I vote for the amendment.

Vote YES or NO

325 No. I vote against the amendment.