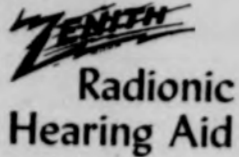




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RATIONING CALENDAR

PROCESSED FOODS
Book 4—May 20: Expiration date of blue stamps A8, B8, C8, D8 and E8, worth 10 points each.
MEATS, BUTTER, FATS
Book 4—May 20: Expiration date of red stamps A8, B8, C8, D8, E8 and F8, worth 10 points each.
SUGAR
Book 4: Sugar stamp 30 valid for 5 pounds indefinitely. Sugar stamp 31 valid for 5 pounds indefinitely beginning April 1.
For canning only: Sugar stamp 40 valid for 5 pounds through February 28, 1945. Apply to local boards on Form R-323 for remainder (20 lbs. maximum per person) affixing spare stamp 37 for each person, (after March 23.)
SHOES
Loose stamps invalid.

Book 1—Stamp 18 expires April 30.
Book 3—Airplane stamp No. 1, valid indefinitely for one pair. (New stamp to become valid May 1 for one pair.)
GASOLINE COUPONS
(Not valid unless endorsed)
June 21—Expiration date of No. 11 "A" coupons. (May renew B or C coupons within but not before 15 days from date on cover).
FUEL OIL
September 30—Expiration date of period 4 and 5 coupons.
TIRE INSPECTION
"A" every 6 months; "B" every 4 months; "C" every 3 months; "T" every 6 months or 5,000 miles of driving.
SOLID FUELS
Dealers deliver by priorities based on needs.
PRICE CONTROL
Refer price inquiries and complaints to price clerk at your local board.

Professor Lists Four Remedies if You Worry

Four cures for worry were recommended by Dr. Bruce V. Moore, head of the department of education and psychology at the Pennsylvania State college.
"Worry takes a greater toll of energy and efficiency than almost any other form of human dissipation," said Dr. Moore, who is at present in charge of the college's psycho-educational clinic. "It's all right to be tense and active about a situation as long as there are things to be done to meet an emergency, but worry is mere tenseness to do something when there is nothing that can be done."
One cure is to find something to worry about on which some energy can be expended, such as the weeds in your victory garden or the bugs on your roses or a new and challenging job.
The second cure is to take a walk in the outdoors and remind yourself that the world, which is probably a few billion years old, is only a small fraction of the universe; and that your worries are an infinitesimal part of the whole scheme of things.
The third cure is to develop a sense of humor, which will help you to appreciate relative values.
The fourth is to "let go of the world and its problems," to relax tense muscles and let wrists and hands drop. This will set the conditions for cares to fade out.

Caution Housewives in Storing Dehydrated Foods

With literally tons of home-dehydrated food on hand, housewives were urged to use special precautions in storage of these dried food products. Two essentials were emphasized: first, be sure that the products are dried before being stored; and second, be sure the containers are moisture-vapor proof, insect proof and adequately sealed.
In storage several things can happen to cause spoilage. Insects may infest the products; yeasts and molds may cause deterioration unless kept thoroughly dry; and exposure to the oxygen of the air may bring about changes in food values and color.
Containers for home storage of dried fruits and vegetables, in addition to being moisture and insect proof, should also be airtight. Metal, glass or glazed earthenware containers are recommended. The quality is best maintained if stored in a cool, dry place and glass jars should be placed in dark storage.
Rooms and storage containers should always be kept scrupulously clean and free of all accumulations of opened products.

Metal Friction

When metal surfaces slide on one another, penetration and distortion of the metals occur to some depth beneath the surface. The frictional force and the nature of sliding are both influenced by the bulk properties of the metals, and the friction cannot be regarded as a purely surface effect.
It has been suggested that the frictional resistance between unlubricated metals is caused primarily by the shearing of the metallic junctions formed by adhesion and welding at these points of contact, and to the work of dragging or plowing the surface irregularities of the harder metal through the softer one.
Although the metals may be carefully polished, hills and valleys which are large compared with the dimensions of a molecule will still be present on the surface. Contact will occur only locally at the summits of these irregularities. The high pressure at these points of contact will readily cause local adhesion and welding between the metals.

Can Tomato Juice

For canning tomato juice the department of agriculture's home economists give these directions: Remove the stems and all green or bad spots. Cut the tomatoes into pieces and simmer until they are softened. Put them through a sieve. Add one teaspoon of salt to each quart if you wish. If there is a baby in the house, keep in mind that unsalted tomato juice will fit into an infant's diet, and then decide whether to salt or not to salt.
Reheat the juice to boiling. Pour into hot jars or bottles immediately and leave one-quarter inch head space. Then seal the jars or bottles according to the type of jar top you have. Now process in boiling water bath canner for 15 minutes. You can use your tomato juice in many more ways if you do not add spice at the time of canning. Spices, moreover, tend to darken the juice and change the flavor over a period of time.

Ice Cream

In the continuous freezing method of making ice cream, the mix is forced into a tube surrounded by liquid ammonia which stays at 30 degrees Fahrenheit. While the mix is forced through the tube, it freezes. Scrapers (which are on the outside edge of the beaters) keep the ice cream from freezing to the wall of the tube. At the same time, the mix is whipped by the revolving beaters. Fruits, nuts, or other flavors are added by passing the already semi-frozen ice cream through a mixing chamber of a special flavor feeder. The partially hard ice cream is run directly into the containers.

NEW ELECTRIC IRONS COMING

New electric hand irons will be available for civilian use early this summer, states Myrtle Carter, Home Demonstration Agent for Umatilla county. The War Production Board has released material to manufacturers for this purpose and some 25 different manufacturers will produce these irons with and without thermostatic controls. Mrs. Carter adds that no electric irons have been made since 1940 and at that time the output was 5 million.
Although the new irons will relieve civilian demand they will by no means meet it and should not be expected to reach retail stores before early summer. In the meantime electric irons continue to be wartime treasures and deserve good treatment. A free booklet describing the care and repair of electric irons and other electrical and nonelectrical equipment is available from the office of your county home demonstration agent. Ask for "Household Equipment—It's Care and Simple Repair," and learn how to make your equipment last for the duration of the war.

STANFIELD NEWS

By Mrs. Rose Hedrick

Lester Beidler and Mrs. Avelae Beidler from Greensboro, N. Carolina, spent Sunday with Mr. and Mrs. Glen Clark, and Ed Thomson of Wallowa was also a guest. Mr. Beidler is a Cadet and the other two are sister and father of Mrs. Clark.
Mrs. Howard Herrick and Miss Mary Nudo are visiting their brother George Nudo who is on furlough from about a year's artillery training at Camp Roberts, and who is a guest of his mother, Mrs. Joe Saltillo and family in Portland.
Mr. and Mrs. Herbert Shesely and son Parr left Saturday by car for New York City where Mr. Shesely will attend to the shipping of munitions.
Mrs. Dene Baker and Mrs. John Brown drove to Pendleton Monday to see Gladys Brown, 11 years old, who is a patient at St. Anthony's hospital. She is recovering nicely from an appendectomy.
Mr. and Mrs. George Campbell were hosts to 31 people last Friday night for a covered dish supper. Guests were Harmony club members and their husbands. They were seated by completion of names of quilts and a story was formed with 120 names fitted in by the guests, Mrs. Agnes Herrick originating the quilt story. It proved very interesting. Some members present could draw their own quilt patterns. The Tulip applique quilt made by the members was drawn

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by Mrs. Calvin Hauk, niece of Mrs. Esther Seelye, and was a very attractive quilt.
The Home Economics club with Mrs. Gordon Hoffnagle as hostess held their meeting Tuesday afternoon at the Grange hall. Mrs. Roy Duncan sang.
Friday, March 24th, after the topic of Making Our Kitchens More Livable, presented by our home demonstration agent Mrs. Myrtle Carter, members will vote on subjects they would like for next year's program.
The Ladies Aid will elect new officers March 30th and a covered dish supper at 7 p. m. will be held before the annual reports of the societies of the church will be given.
Mrs. A. C. Lantz, formerly Patricia Richards, R. N. of Portland, is at the home of her mother, Mrs. Mabel Richards, recovering from an attack of flu.
Miss Jenifer Chafin suffered a badly cut cheek while playing last Thursday at her uncle's farm, Ralph Richards. Several stitches needed to be taken.
Miss Eunice Hughes, one of six senior girls to graduate from Stanfield high school this spring, left last Saturday to begin her cadet nurses training course at the E. O. C. E. at La Grande.
The old time costume dance at Revem's hall last Saturday was well attended and much enjoyed. Mrs. Es-

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GET A MOTOR TUNE-UP

One of the most important items in these times, when gasoline is so vitally needed for war purposes, is to have the motor in your car running smoothly and correctly. Very few cars on the road today are operating in a manner that cannot be improved for better gasoline mileage, as well as to the satisfaction of the owner. Practically all cars now need a proper tune-up—due to a great extent to the low octane content of present day gasoline.



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