

LIVE LONG ACTIVE LIFE BY ADHERING TO HEALTH RULES

How to keep healthy! Right in the midst of the warmest weather of the summer, when many people are wondering how it can be done, the Oregon State Board of Health has sent out the how and the when and the why. The maxima for prolonging active and useful life read as follows:

- 1. The commercial value of a life lies solely in its productive period; the other periods are a burden upon this.
2. This period should be prepared for from infancy, protected in adult life, and extend as long as possible into old age.
3. Constitutional vigor is created mainly by proper food and proper hygiene in youth.
4. No person over 40 years of age should subsist mainly on animal foods, which are very good in early life.
5. Nerves are exceedingly important. They grow best in the country.
6. Education may be misdirected, and may be overdone.
7. Regular, moderate, physical exercise is essential, and is generally neglected.
8. Do not make a burden of amusements. They may, and often are, made worse than overwork or undue worry.
9. Do not set an impossible ideal of life. It results in disappointment, and that age.
10. Cultivate a serene mental attitude, and develop a capacity for deliberate enjoyment of whatever is at hand.
11. Avoid every excess. Do not overwork, overplay, overeat, overdrink, oversmoke, or allow yourself to become overinactive.
12. Do not assume obligations that you can not discharge.
13. Study your diet, and your hours of labor, sleep, and relaxation, and conform to your constitutional requirements.
14. Take particular precaution to preserve by daily actions the elasticity of all the tissues.
15. Maintain self-respect, avoid sordidness and gloom and "grow old gracefully."
16. It is desirable to diversify your interests. Have one or two restful diversions, using a portion of your time away from your regular occupation and habitation.

CULINARY CRAFT

By Estella Dorgan, Director of Home Service, California Oregon Power Co.

Summer Salads

The slogan "Blenderize With Salads" has been popular the last year or so. The story in connection with this advertising has brought out the possibility of incorporating real food value in sensible and delicious salad combinations and avoiding rich, heavy, fattening foods thereby.



Blending energy is ever present, of course, but we turn away from heavy foods at this time and find pleasure in the fresh flavors of new vegetables, fresh fruits and light combinations of many kinds. If a little thought is given to the variation of salads and also the possibilities of different dressings, each day will find a crisp, nutritious salad dressing adding interest to the lagging appetites of warm days.

- Vegetable Salads.
1-2 c. lima beans
1 c. diced celery
2 tomatoes, quartered
1 t. salt
Serve with mayonnaise dressing and garnish with deviled eggs cut in quarters.
2-2 1/2 c. shredded cabbage
1/2 c. green pepper, finely chopped
1/2 c. diced celery
1/2 c. pimiento, finely chopped
2 T. minced onion
Serve with mayonnaise and garnish with strips of green pepper.
3-2 1/2 c. shredded cabbage
1 c. grated raw carrot
1 cucumber, sliced thin
1/2 c. diced celery
Serve with cooked dressing and garnish with tomatoes.
4-3 c. potato cubes
2 T. minced onion
1/2 c. diced celery
1/2 cucumber, sliced
3 hard-cooked eggs, sliced
1/2 c. French dressing, use to marinate then serve with 2-3 c. cooked dressing and a parsley or pimiento garnish.

- 5-2 1/2 c. shredded cabbage
3 ripe bananas, cubed
1/2 c. crushed pineapple
Serve with pineapple or mayonnaise dressing. Garnish with colored pineapple made by letting the drained pineapple stand in fruit coloring until the color you desire.
Meat Salads.
1-3 c. cold chicken (or veal)
1 c. chopped celery
1 chopped green pepper
1/2 c. French dressing, use to marinate then serve with 2-3 c. mayonnaise with 1 pimiento, mashed. Arrange between "fingers" of pineapple.
2-3 c. cold meat, large cubes
1/2 c. broiled bacon, cut fine
1 c. diced celery
8 small tomatoes
3 eggs, hard-cooked and diced
1/2 c. mayonnaise
3-4 1/2 c. diced baked ham
1/2 c. diced celery
1/2 c. stuffed olives, cut in two
1 c. diced tart apple
1/2 c. mayonnaise
Garnish with parsley and stuffed eggs.
4-1 c. chicken
1 c. nut meats
1 c. celery
1 pimiento
1/2 c. French dressing
1/2 c. mayonnaise
Dressed Salads.
1-1/2 c. cucumber, thinly sliced
2 c. fresh fruits
1 pkg. lime jelly-powder
1 c. boiling water
1 c. cold water.
Dissolve the powder in the boiling water then add the cold water and chill slightly; add the cucumber and fruit and pour into wet mold. Serve with mayonnaise on lettuce and garnish with ripe olives or little balls of cheese.
2-1 pkg. lime jelly powder
1 1/2 c. boiling water
1/4 c. vinegar
1/2 t. salt
1 c. cooked ham, finely chopped
1 1/2 c. diced celery
1 T. minced onion
2 sweet pickles, finely chopped.
Dissolve powder in boiling water, add vinegar and salt, then chill slightly; fold in ham, celery, onion and pickles and turn into a wet loaf pan. Chill until firm. Garnish with parsley.
3-2 T. gelatin
4 T. cold water
1 med. can crushed pineapple
1 large cucumber, thinly sliced
4 T. lemon juice
1-3 c. sugar
1 c. boiling water.
Dissolve the gelatin in cold water; dissolve the sugar in the boiling water, then combine all. Pour into wet mold and chill. Serve with mayonnaise thinned with cream and garnish with strips of pimiento.
"Reducer's" Mayonnaise.
1 1/2 c. mineral oil
2 egg yolks
4 T. lemon juice
1/2 t. sugar
1/2 t. salt
1/2 t. mustard.
Add seasonings to yolks and beat until thick, add one teaspoon of oil at a time and beat until thick, then add oil more freely. Then with lemon juice if necessary. (The white may be beaten stiff and folded in last if desired.)

COAL AGREEMENT NEARING CLIMAX

WASHINGTON, Aug. 24.—(AP)—Closely following a declaration banning anti-union qualifications in codes of competition, Hugh S. Johnson summoned to recovery administration headquarters today spokesmen for coal mine operators and labor, in an effort to clinch a final agreement on a bituminous code. The labor men, led by John L. Lewis, United Mine Workers' President, were first to arrive and sat for more than an hour in an ante-room until operators were heard from.

MORTGAGE CONCERN OFFICIALS TO JAIL

HILLSBORO, Ore., Aug. 25.—(AP)—B. F. Geay and Zeno Schwab of Aurora were committed in the Washington county jail here yesterday to serve sentences of 10 months each and serve out fines of \$750 imposed in federal court in Portland. They were convicted of using the mails to defraud in operation of a mortgage company. The court stipulated no particular jail in which sentence should be served, and the two selected Washington county.

MACHADO THREATENED IN NASSAU RETREAT

NASSAU, N. P., Aug. 25.—(AP)—Reports that an airplane carrying men determined to assassinate Gerardo Machado, deposed and exiled president of Cuba, had left Cuba for this city, today caused placing of guards armed with rifles about the Hotel where Machado is living.

SHELL INCREASES APPROPRIATION ON 1933 ADVERTISING

A substantial increase in its appropriation for 1933 advertising has been decided upon by Shell Oil Company, following the outstanding success attending the first six weeks campaign for Super Shell gasoline. This brings the current year's appropriation to a figure considerably greater than the expenditure in 1932, when the company announced its conviction that extensive advertising and aggressive salesmanship would facilitate a return of normal business conditions.

The bulk of the additional expenditures will go to western newspapers, the list having been increased to 215 papers from 102 in which the opening advertisements of the campaign were carried on July 1. Additional space will be used in those already on the schedule. The sales drive, originally confined to California, Oregon, Washington, Hawaii and British Columbia, has been extended to include Montana, Idaho, Nevada and

Arizona, in which states 38 papers will carry the advertising. At the same time, 77 papers have been added in the other western states, chiefly in smaller communities. An augmented schedule of outdoor displays also is announced.

Based on the circulation of newspapers now being placed in the list and those in which additional space is to be used, the increase in advertising in SHELL's territory amounts to the equivalent of 1,208,678 full newspaper pages, devoted to telling the story of the company's new motor fuel selling without the former three cents per gallon premium.

This "new deal" in advertising became effective August 11 and will be extended during the next few days to all the various states affected by the increase. Like the originally planned campaign, the expanded drive will continue until the end of the current year.

Company executives report unprecedented response to the announcement of Super Shell gasoline. They believe that this is due to the public's appreciation of the product and to the nationwide stimulation of buying attributable to the government's vigorous policy directed towards industrial recovery.

secretly held in this country have been submitted to President Roosevelt by Attorney General Cummings, who has completed investigation of known boarders.

Boulder dam, when completed, will hold enough water to supply every inhabitant of the earth 500 gallons, according to figures of a statistical engineer.

TURKEY FEED CORN

Best Quality Eastern Yellow

CORN

Due to crop shortage you are looking for higher prices on corn very soon. You will save money by arranging with us now for your corn requirements.

VETCH SEED

As in past seasons, we will have Vetches and Gray Oats of best quality to offer you. See us before you buy.

F. E. SAMSON CO.

Phone 833. 229 N. Riverside



Saturday and Monday SAVINGS

SAFeway STORES

Shop With YOUR FRIEND . . . the Safeway Man for the Better Values

Canning Supplies

- Vinegar 23c
Oregon Apple Cider, In Your Container Gallon 23c
Certo Is Sure-Jell Bottle 23c
Jar Caps Kerr Mason, Economy or Ball Pkg. 23c

Safeway Flour

- 49 Lb. Bag \$1.89
Sweet Pickles Casco Fancy Sweets Full Quart 25c
Fresh Eggs Strictly Fresh Extras Dozen 27c
Crystal White The Billion Bubble Soap, (Limit 10 bars) 10 Bars 25c

Jell Well

- For Desserts, Pkg. 5c
Grape Nuts For Breakfast, Pkg. 15c
MAXWELL HOUSE Vita Fresh Coffee, Lb. Can 29c
SANKA COFFEE With Caffein Removed, Lb. Can 43c
Chicken Milan Is Minceed, 4 oz. Jar 20c
Cocoa In Bulk, 2 Lb. Pkg. 19c

Vanilla

- Bunny Brand Imitation Vanilla 4 oz. Bottle 19c
Salmon Libby or Del Monte, Tall Can 19c
Brooms I-New Kitchen, Each 33c
Catsup Ritter's 2 Lge. Bottles 25c
Crab Gelishia Fancy, 1/2 Size Can 24c
Tapioca Minute—for those puddings Pkg. 13c

Dependable Coffee

- Edwards Dependable Choice Quality Coffee, Vacuum Packed 2 Lb. Can 49c
Sugar Sale Pure Cane Fine Granulated for Canning, 10 lbs. 57c, 100 Lb. Bag \$5.39

Salad Dressing

- Best Foods Gold Medal, Much Cleaner than Bulk, Quart Jar 29c
Cake Flour Alry Fairy has been approved by Good Housekeeping Lge. Pkg. 24c

Grapefruit

- Del Monte Highest Quality No. 2 can 2 Cans 25c
White Beans Fancy Small Whites 4 Lbs. 23c

HUMBOLDT BEER

- Just What You Have Been Waiting For, Bottle 15c
Case \$3.35, with 2 1/2 bottle credit.
Rolled Oats Sunripe Oregon Rolled Oats 9 Lb. Bags 33c

THE FINEST FRUITS AND VEGETABLES ARE FEATURED AT SAFEWAY

- Tomatoes Fancy Local, For Slicing Grate 55c 3 Lbs. 10c
Lemons Fancy Sunkist Dos. 19c
Cantaloupes Local, Yellow Meat, 3 for 14c
Peaches Elbertas, For Slicing, No. 3 Basket 15c

JELLY MAKERS! FRUIT AND BERRIES ARE CHEAP TODAY



THOSE BERRIES ARE PERFECT, JOE! AND THE PRICES ARE SO REASONABLE. . . GIVE ME 8 BASKETS.

LET ME ADD TWO BOTTLES OF CERTO TO YOUR ORDER, MRS. BARR. IT WILL MAKE BETTER JELLY AND SAVE YOU SO MUCH TIME.

Join the hundreds who are now going to grocers to get fruit, Certo and sugar with which to put up a record supply of jellies and jams.

They won't last long—these marvelous fruits at such low prices! So start right now to fill your jam cupboard with jams and jellies. How your family will thank you next winter.

And be sure to use Certo this year! With Certo and the Certo recipes you can make double the amount of jelly in the usual time. The Certo short-boil method, you see, cuts the boiling time. Jellies take only 1/2 minute boiling, and jams rarely require more than a minute.

Finer flavor, too! And with Certo you will get far finer-tasting jelly or jam—with every bit of the delicate fresh fruit flavor of fully ripe fruit.

You get as much as one-half again more glasses, too, from the same amount of fruit. Because, with the Certo short-boil method, no costly fruit juice has time to boil away.

So get your fruits and berries now—when they are at their cheapest and finest. And start at once to fill next winter's cupboard with marvelous jams and jellies that will delight you—and every member of your family! Certo is a product of General Foods.



4 Reasons FOR ALWAYS USING CERTO
1 Reduces boiling time. (Jellies take 1/2 minute, jams rarely more than a minute.)
2 Saves the fresh fruit flavor.
3 Gives half again more glasses.
4 89 Fail-proof recipes free with every bottle.
FREE RECIPE BOOKLET 89 RECIPES UNDER LABEL ON EVERY CERTO BOTTLE

JURY SELECTION SLOW IN TRIAL OF LAMSON

SAN JOSE, Cal., Aug. 24.—(AP)—Delays in court procedure, the lottery of the draw in filling vacant seats and slow, tedious questioning by attorneys threatened realization of the belief at court opening that a jury would be finally seated today to try David A. Lamson on charges he killed his pretty wife, Allene Thorpe Lamson. Court was nearly a half hour late in starting and as both sides exercised challenges five women and but one man were called to the box.

Madam, Save This Valuable Directory



INDIA TEA

Here is a list of the brands of India Teas available in your community. Save it. It tells you at a glance what teas contain India Tea... tea from the land where the world's finest tea is grown. Each of these brands is trademarked with the Map-of-India (above), in addition to the brand name, to guarantee that you are getting genuine India Tea. Brand Name On Sale at
ASTOR INDIA All Dealers
BANQUET INDIA CEYLON All Dealers
BANQUET ORANGE PEKOE All Dealers
CRESCENT BLACK All Dealers
GOLDEN WEST All Dealers
LIGHT OF ASIA Independent Grocers
LUCKY STRIKE All Dealers
MILLION DOLLAR All Dealers
MONARCH Independent Grocers
NEIGHBORHOOD STORE Neighborhood Stores
PRIDE OF INDIA All Dealers