



SHAMED—Mrs. Vonelle Baggett is taken in custody of Los Angeles police officer after being arrested for attempted mass murder of her six children, ages 11 months to 9 years. Shamed and angered over the arrest of her husband, William, on charge of kidnapping a beautiful young woman, Mrs. Baggett left the children asleep with all the gas jets turned on. Remorseful, she returned in time to rescue them after calling police. She blamed her actions on taunting neighbors. Husband Bill blamed his escapade on drinking.

As We Live

By ELIZABETH HURLOCK, Ph.D.

IS HAPPY-GO-LUCKY PERSON REALLY HAPPY?

Is the happy-go-lucky person really happy? Most people believe that taking life too seriously takes all the fun out of it. This is true, but it is equally true of other extremes.

The person who takes life too seriously is so busy striving for perfection that he rarely has time to stop and enjoy the world around him. Furthermore, because his goal is usually beyond his reach, he is disappointed and disillusioned.

At the opposite extreme is the happy-go-lucky person who takes nothing seriously and who sheds all problems like a duck sheds water. At first glance, one would conclude that of course he is happy. After all, he hasn't a care in the world—nothing to do but enjoy life.

This is not so simple as it sounds. The happy-go-lucky person is not so free from cares and worries as he seems. His "I don't care" manner is a defensive reaction to cover up his real feelings. Often he convinces himself as well as others that nothing bothers him.

Of the two extremes there is no question that the happy-go-lucky person gets more fun out of life and has more friends than the over-serious one. After all, wouldn't you rather have fun than be burdened down with worries? Wouldn't you rather be with people who are happy and cheerful than with those who are so full of concerns and forebodings that their company is depressing?

The drawback to being too happy-go-lucky is that you rarely make a success of what you undertake. This is because you won't allow yourself to be worried, and this in turn means shutting your eyes to anything difficult.

How can you, under such conditions, be a success? The answer is, you can't. Hence, if you are bent on leading a happy-go-lucky life, when you realize that you are falling short you must try to convince yourself that your goal was not worth bothering about after all. If you can do this you can remain carefree.

LETTERS FROM READERS
Petulance: "What makes peo-

ple petulant? It always seems to me that this is more characteristic of females than of males."

(A) Petulance is an expression of a mild form of anger. The petulant person believes that life and people are not treating him fairly. Women, you are correct, suffer more from petulance than do men. This may be due partly to the greater restraints on women's behavior and partly to the fact that men learn from experience in the business world that they simply can't get away with being grumpy and disagreeable, so they learn to control their annoyances better than women do.

Television Watching: "I have found that letting my children watch television is a good way to keep them out of mischief. Is this a wise way to control them?"

(A) I would say it is an easy way, but not a wise one. When they do not have a television set in front of them, they are likely to get into mischief because they have not learned how to get along with people. Instead, when your children start to get troublesome, it would be better to explain to them what they may and may not do. Then see that they follow these rules. If you do this, they will be much better prepared to meet life than they will if you substitute television for discipline.

Money Problems: "Will money problems spoil a marriage? We were very happy until we began to have financial difficulties. Then my husband seemed to change completely."

(A) Studies of the causes of marital unhappiness and divorce have shown that money difficulties rank at the top or almost at the top of the list. It is difficult to be cheerful and agreeable when worried about where the next meal will come from, and this makes quarreling and fault-finding easy.

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Burglar Should Have Looked in Office Door

Greensboro, N.C. — (U.P.) — A burglar went to too much trouble to short-circuit a burglar alarm, crack open a window and hoist out a 75-pound safe containing \$900 at the Green Valley Golf course clubhouse here.

The key had been left in the clubhouse door by mistake all night.

Feeding the Family

By Zola Vincent
Food Editor

Cold Salmon Plate Delight of the Month

We know of nothing to surpass it. Chinook salmon from Oregon waters, gently poached with a few pickling spices right from the pickling spice jar, then well-chilled and dressed with lemon or lime or fixed up like this: Very reasonable in price, too. Plan one pound for each two persons because they will eat every bite. That's what our family and friends did.

Gently simmer salmon piece or fillets in small amount of salted water with a few pickling spices added, until fish flakes easily; drain. Chill. For dressing to mask salmon or to pass in sauce boat, combine 2 tablespoons chopped sweet pickle, 1/4 cup diced celery, 2 tablespoons minced onion, 3 hard cooked eggs (diced), 1/4 cup mayonnaise and salt to taste. Garnish with sliced stuffed olives or with capers if you have some handy. Lemon or lime wedges, of course.

Spanish Beans, Sturdy Fare

Every ten days or so, a dish like this is mighty welcome. Wash, soak and simmer 2 cups dried beans in the usual manner until tender. Season to taste with salt. Fry 1 cup chopped smoked ham (maybe left over or canned luncheon ham) and 1/2 pound sausage meat. Add to beans, after draining off fat. In 2 table-

spoons of the fat, fry 1 green pepper that has been minced and 1 clove of garlic, also minced. Add to beans, bring to a simmer and simmer 20 minutes. Six servings for four people if there are growing boys in the house, including Papa.

To Peel or Not to Peel

The skin of tomatoes is thin and perfectly edible. It also holds the tomato together. Peel them when they're to be eaten raw is a matter of choice; personally, we don't bother. But if you do, there are two easy ways to peel them: Dip quickly in boiling water to loosen skins; then plunge in cold water to remove heat. Or stick a fork in the stem and rotate tomato over direct heat until skin bursts.

After peeling, keep covered and refrigerated until ready to use.

Summer Survey Reveals Soups, Sandwiches as Leaders

No surprise to us that a new summer survey of homemakers shows much enthusiasm for soups, salads and sandwiches which are all that is necessary for many a meal... with milk for the children and maybe iced tea or coffee for the grown-ups. On every summer day, we're told, 3 out of 4 people eat soup, salad or a sandwich. Favored

soups are vegetable and tomato with chicken noodle, chicken with rice, cream of mushroom and cream of chicken next in popularity.

Vegetable salads are most popular, are served at about 26 per cent of all summer meals. Fruit salad is runner-up, then cole slaw, then comes meat or fish salads. Among sandwiches, the meat kinds are leaders in popularity which is natural since cold cuts are ideal for sandwich making. Cheese holds second place which is no surprise since grilled cheese sandwiches are tremendously popular both at home and in restaurants. It is also noteworthy that cheese combines perfectly with any and all of the meats.

Incomparable Sandwiches
August certainly is the month to celebrate Sandwich month; a time for taking things easy and sandwich making is as easy as you can get.

Try these combinations: Slices of chicken, ham or turkey on toast slices and topped with a cheese sauce makes a delight to see and eat as it comes from the broiler, bubbling hot. Slivered toasted almonds, crisp bacon crumbles, chopped chives or parsley add a regal touch to almost any sandwich when making a main dish at noon or supper-time.

Open Face Sandwich. Toast bread slices on one side or use halved English muffins being sure to "tear" not slice the muffins. Spread with mayonnaise, arrange alternately a halved tomato, dash of salt and pepper, a slice of cheese, a bacon slice cut in two and criss-crossed. Shove under broiler until bacon broils, cheese bubbles.

Late Summer Finds Near-Record Supplies of Foodstuffs Available

Near-record supplies of food at retail prices averaging a little lower than last year are in prospect for the coming months of this year, according to the Bureau of Agricultural Economics, U.S. Department of Agriculture.

Meat Supplies. Beef takes top place on list of plentiful foods. Range cattle are moving to market which means an abundance of lean beef suited to pot roasts or other braised dishes, to stews or for grinding for hamburgers and meat loafs. Reasonable, and often bargain prices mark these lesser grades and cuts which, properly prepared, can be just as tender and flavorful as the more expensive fancy beef.

Fish and Poultry. Good supplies of fish and poultry, both

Jockey Loses Race With Police Cruiser

Detroit — (U.P.) — An automobile, with a Detroit Race course jockey Willie Carstens up, lost a speedy race with a police cruiser.

Police said Carstens, en route to the track, was doing about 80 miles an hour. The jockey put up \$50 bond and arrived at the track in time for the first bugle. Carstens won the second race in 1:13 — about 45 miles an hour.

CALL FOR BIDS

Portland — (U.P.) — The Portland district Corps of Engineers has called for bids Sept. 1 for design, manufacture and delivery of either two or three 370-ton double trolley electrically operated bridge cranes, two 350-ton lifting beams and one 655-ton lifting beam for use at The Dalles dam project on the Columbia river. The bids will be opened Oct. 29.

fresh and frozen. Markets are pretty well supplied with turkeys and fish markets feature halibut and groundfish fillets such as ocean perch, haddock, cod and whiting.

Dairy Products. An abundance of all dairy products, milk, buttermilk, nonfat dry milk solids, cottage cheese, cheddar cheese and other varieties and plenty of ice cream in seasonal variety as well as the popular Choc, Straw and Van.

Vegetable Buys. Plenty of potatoes at reasonable cost due to production that looks like the largest on record. Other good buys include dry onions, celery, carrots, cabbage, local corn, cabbage, beans, squash, tomatoes, bunched vegetables. Enjoy corn now as the season is well advanced.

Fruit Abundance. If you're a home canner, freezer or preserver, you're watching the market closely for peak production. You're most likely to hit it right on the nose by taking your fruit man into your confidence. He may have some special buys coming up. Readily available are green apples, apricots, small oranges, peaches, pears, plums, miscellaneous melons, grapes, some berries.

Staple Items. Plenty of new-season items from a record crop: ditto peanuts and peanut butter. Special prices continue to mark table fats, salad oils and shortenings.

Around Hollywood

By ALINE MOSBY
United Press Correspondent

Editor's note: Vernon Scott, United Press Hollywood writer, is substituting for Aline Mosby while she is on vacation.)

Hollywood — (U.P.) — Johnny Ray will earn \$40,000 in the next two weeks at Las Vegas, but all the money in wide-open Vegas couldn't buy the young singer the thing he wants most—a place where he belongs.

"Right now, I belong strictly to the world," Johnny said with candor. "The people want to hear me sing. So I sing for them. But someday, someday, I'll have a place to belong to. A home of my own. A place that's mine—where I can live and be happy."

Johnny snapped out of his dream with annoyance.

Says He's Colorless
"Why do you want to interview me?" he asked. "I'm colorless. All I have is faith in my work. When I got to the top I had nothing to sustain me except myself. That's all."

He shook his head sadly, his expression haunted. "The relationship between me and my audience is transient. For 30 minutes on stage it's beautiful. Then, back in the dressing room, after the show, you realize it's gone. It's dead. And it'll never be the same again."

Captures Youth

Johnny has captured the magic of youth—a boy whose dreams became reality before they stopped being dreams, and he believes them fervently. "Emotion is my whole life," he said. "I walk a tightrope of emotion, but I'm good at it. You leave a little, you take a little. It works out."

Johnny proved his point. We walked to a deserted music room in the hotel and he sat down at a piano. He sang three of his own compositions. His voice was passionate and the words believable. Johnny lived the songs he sang.

Sits Silently

When he was through he sat silently for two or three minutes at the keyboard, tears in his eyes. Then he looked up. "I don't dig Shakespeare," he said. "But in school once I had to read 'As You Like It.' I'll never forget a sentence in that book."

Eighty percent of the wooden cigar store Indians once popular in this country were square-

Ball Not Only Thing For Gaffer To Eye

Portland, Me. — (U.P.) — Lincoln Farrar, an insurance company executive, now knows you can get in trouble by taking your eye off other things when the ball when golfing. He turned his head and waved to friends on the 10th green while towing his caddy cart across a bridge on Riverside Golf course.

His friends pulled Farrar and his cart from the stream. Crusty pan-fried corn meal mush makes a wonderful breakfast dish. Next time you plan to serve this old favorite, add three teaspoons of grated orange rind to the mush made according to the recipe on your enriched corn meal package. When ready to serve, top the golden brown slices of fried mush with butter and syrup or honey.

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