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# Woman's Page

Goldie Rambo, Woman's Page Editor, Phone 897-2772

## Mr. and Mrs. Al Ward Announce Marriage Of Daughter

Mr. and Mrs. Alfred M. Ward are announcing the recent marriage of their daughter Frances Ann to Thomas Vincent Phillips, son of Mrs. Vincent Phillips of Boise, Idaho.

The marriage ceremonies were performed at the First Methodist Church at Reno, Nevada with a reception following the wedding trip at the home of relatives in Boise.

The young couple spent several days at Lake Tahoe, San Francisco, Sacramento and Los Angeles.

He is employed by the State Board of Forestry in Salem and she is employed at Simpsons Timber division office at the Lyons plant.

They plan on making their home in Salem, moving to that city this week-end.

## Enrollees In Cancer Check Asked To Report To Salem

Oregon was one of 21 states selected to participate in a six-year cancer prevention study of the National American Cancer society. There are 30,000 Oregon people enrolled in this study and 2533 residents in Marion and Polk counties. Mrs. A. M. Johnson of Salem is chairman of the Marion-Polk County Unit survey, leading 79 volunteer workers who are anxious to contact all enrollees of this program.

Participants in this national program provide confidential information about their health and living habits to help researchers appraise the importance to environmental factors in causing cancer. When this study was begun, all but six-tenths of one per cent of the enrollees were traced. The follow-up this year requires personal contact with the enrollees and their willingness to complete questionnaires and return them.

Mrs. Johnson desires all information completed and turned in to her by the middle of November. She asks that any enrollee of this program who has moved and not been contacted please get in touch with her through the American Cancer Society office in Salem. This is the fourth year of the national survey, and it is most important that every one who enrolled in the program carry through to its completion.

Mrs. Frances Swift is Mill City chairman of the ACS.

## Eastern Star Social Club Meets at Sylvia Duncans

The Marilyn club, social club of the OES met Tuesday at the home of Mrs. Sylvia Duncan for a 12:30 covered dish luncheon.

Following the luncheon Mrs. Sid Baughman, president, conducted the business meeting.

The group voted to each bring a toy \$1.00 value, to the December meeting, to be turned in for needy children for Christmas.

The December meeting which would be on Christmas day will be one week early, December 18 at the home of Mrs. Lowell Cree, 205 S. E. Kingwood, with Mrs. Charlie French as co-hostess. The meeting will be a 12 o'clock covered dish luncheon.

Mrs. Duncan announced a practice for officers for Monday evening, December 3 at 7:30 at the hall.

Present were Mrs. Evelyn Browning, Mrs. Don Carlson, Mrs. Charles Kelly, Mrs. Daniel Kleihege, Mrs. Sid Baughman, Mrs. Roger Nelson, Cora Goodman, Mrs. Walter Brisbin, Mrs. Charlie French, Mrs. Wilson Stevens, Mrs. Robert Draper, Mrs. Floyd Volkel, Mrs. Lowell Cree, Mrs. Bessie Bassett and Mrs. Duncan.

## Garden Club To Have Class On Yule Decorations

The Mill City Garden club will meet Thursday, December 6 at the Presbyterian Fellowship hall. The dessert luncheon will be served promptly at 1 p.m. with Mrs. Helen Kleihege, Mrs. Ed Cooke of Salem, Mrs. Corning and Mrs. June Barker as co-hostesses.

Mrs. Betty Goode Warren of Stayton will be present to conduct a class in Christmas decorations. Each one attending is asked to bring their own containers, greens, figurines, knife or shears, and Christmas decorations (candles, balls, spray paint, glitter, etc.)

Those who are unable to attend are asked to notify one of the hostesses. Also if they are taking a guest.

## Mrs. Primeau To Head Rebekahs

Election of officers was the main order of business at the November 21 meeting of Santiam Rebekah lodge when Mrs. Emery Primeau was elected noble grand; Otto Koeneke, vice grand; Mrs. Walter Thomas, recording secretary; Mrs. Arnold Syverson, financial secretary and Miss Daisy Geddes, treasurer.

Appointive officers and committees will be named later with installation to be early in January.

Retiring noble grand is Mrs. Lester Mason.

Mrs. Primeau and Otto Koeneke gave the unwritten work to the lodge with Koeneke qualifying for the Certificate of Perfection, according to Mrs. Walter Thomas, district deputy president. Mrs. Primeau had received her certificate earlier in the year.

Mrs. John Swan announced plans for the Three Links pot luck dinner and Christmas gift exchange which will start with a 6:30 dinner, December 11 at the lodge hall. All Rebekahs are invited to attend.

The next Rebekah meeting will be December 19 when a special Christmas program will be presented following the business meeting and will be open to the public at 9 o'clock.

## Christian Church to Observe Women's Day

Women's Day will be observed at the Mill City Christian Church Sunday evening December 2 at the 7:30 P. M. service.

The theme for this year's service will be "God's Power Redeems the World." Mrs. Don Williams will be the speaker. Mrs. Gene Davenport will be soloist and Mrs. Albin Cooper is chairman for the service. Other ladies of the Church will be taking part.

## Local Womens Club Holds Meeting At H. Schroeder Home

The November meeting of the Mill City Woman's club was held Tuesday evening at the home of Mrs. Herbert Schroeder with Mrs. Leo Russell and Mrs. Jerry Pittam assisting.

Mrs. Haworth, home economist for Pacific Power and Light Company for this area was present and demonstrated the making of dessert pancakes with a number of delicious toppings prepared and served.

Club members voted to bring gifts to the December meeting for the young people at the Chemawa Indian school. There will also be a gift exchange among the members.

Mrs. Mason said the club had received a note of appreciation from the Children's Farm Home at Corvallis, for their donation of a trunk to be used as wood box in the fireplace room.

The December meeting will be held at the home of Mrs. Aray Podrabsky with Mrs. Clifford Swift and Mrs. Lee Ross, assisting.

Present for Tuesday evenings meeting were Mrs. Edith Mason, club president, Mrs. Sylvia Duncan, Mrs. Evelyn Stevens, Mrs. Leo Russell, Mrs. Rudy Tohl, Miss Daisy Geddes, Mrs. Aray Podrabsky, Mrs. John Swan, Mrs. Helen Saucier, Mrs. Jerry Pittam, Mrs. Clara Morris, Mrs. Gregg Stevens and Mrs. Schroeder.

## Work Smarter . . . Not Harder

By Bernice Strawn  
Extension Home Management Specialist Oregon State University

**Simple Trick Fresh Fruit Topping—**  
Fresh fruit salads and desserts call for specially designed toppings, ones that give a little lift but don't obscure the luscious fruit flavor. Cottage cheese toppings hit the spot. Seive or whip the cream-style cottage cheese until partially smooth, then beat in sour or sweet cream and honey to taste. Whip until mixture is light and fluffy. This smooth topping is superb on fresh fruit salads and desserts as well as fruit pies, tarts and baked apples.

**Dressing—**  
Another gem of a cottage cheese salad dressing: Beat cottage cheese until smooth, with a bit of lemon juice and honey. For extra perkiness add chopped chives or onions, paprika or pepper, celery seed and salt. Perfect with crisp lettuce wedges, tossed salad greens, cabbage-fruit salads and other fruit salads.

**Wool Shopping? Read Labels—**  
Planning to make a new wool coat or suit for the holidays? "Wool may be selected for a wide range of garments from sheer fabrics to be used for evening dresses to heavy utility coats, but be sure to read the labels" advises Belva Covey, Linn County Extension agent.

It'll pay you to read carefully the information contained on yardage bolts. This tag, label, end of bolt and information woven in the selvage all contain consumer information. Labels must show percentage of total fiber weight of wool product (exclusive of ornamentation not exceeding 5%) of wool, reprocessed wool, reused wool, and each fiber other than wool which makes up 5% or more of the fabric. It must also state the total of all other fibers and the maximum percentage of any non-fibrous loading, filling or adulterating matter.

Wonder what some terms mean? Wool, when used on wool products label, must refer to fleece wool being used for the first time in the complete manufacture of a wool product.

Reprocessed wool is made of scraps and clips of woven and felted fabrics made of previously unused wool. These remnants are shredded back into a fibrous state and used in manufacture of woolsens. You may notice "reprocessed" on some ski sweaters or jackets.

Reused wool is also called "shoddy." It's made from old wool which has been worn or used—including the rags and

miscellaneous old clothing collected by rag dealers. These are cleaned and shredded into fibers again and then blended, to make utility fabric.

If you see "sponged" on the label, this means wool has been partially or entirely shrunken. It's always wise to know that all wool has been pre-shrunk before starting to cut it. Dry cleaners can do this job for you.

**More New Foods on the Way—**  
Frozen pies and tarts . . . orange juice flakes . . . meals in a box. We would have thought it possible 20 or 30 years ago? Yet here they are and there are more on the way.

In U. S. Department of Agriculture Utilization Laboratories, scientists are working on sweet potato flakes, a parboiled, whole egg powder, vegetable chips and dried honey.

And there's help on the way for the housewife who despairs of the time it takes her to prepare the so-called convenience foods. To make instant foods live up to their name, researchers are looking for ways to cut down the cooking time of dehydrated potato and vegetable products. Really "instant" foods, they say, are not too far away.

Already on the market, though sold mainly to outdoors men and institutional users, are freeze-dried foods—foods that have been dehydrated under vacuum while frozen. These foods—meats, fruits, vegetables, even casserole dishes—keep on the cupboard shelf (or in the knapsack) for long periods of time. And there is no shriveling or toughening of the product. When reconstituted, they are just as tasty and plump as they were in the beginning.

Dehydrofrozen foods also have been on the market for some time. Although still not in national distribution in the retail markets, they are being used more and more by restaurants, hospitals, and food manufacturers. They offer considerable savings in marketing costs and a big saving in freezer space. Dehydrofrozen food is about half its original weight and bulk—so it can be packaged, shipped, and stored in small containers. To use dehydrofrozen foods, simply add water, thaw, and cook. They taste much the same as other frozen foods.

It takes 2 lbs. of either filberts or almonds to make 1 lb. of shelled nuts. From this you can decide whether to buy the nuts in the shell or shelled.

## RAMBO'S RAMBLINGS

By Goldie Rambo

Well, are you all well fed and contented after the holiday feast and vacation? It was the first time in a long while that I haven't cooked Thanksgiving dinner—but went on a strike this year and with my parents had dinner at a restaurant.

One thing about it—the food was fine—but my family, especially Laura Jo, said it just wasn't the same. So next year—back to the kitchen, I suppose.

On Thanksgiving morning we went up to our property on the North Fork and it looked like a disaster area. Our trailer house is up rather high so it survived the high water of a week ago—but our deck which we had worked on so hard—and enjoyed so much, was swept away without a trace. The steps down to the river were also taken by the flood waters.

Many others suffered also in the flood which was the worst to hit that area in 20 years, according to Mr. and Mrs. Steve Myers.

This will probably be the only week of leisurely shopping before Christmas—I notice people in various stores "just looking" before the hectic buying begins. I plan on doing as much of it as possible at home—not only because the merchants here have a good selection—and the money stays here, but I simply can't take the mobs of shoppers in the city. I wish, like many others, I presume that the days of the small sentimental gift exchange was still with us. It seems that everyone is a little jaded anymore—youngsters nowadays expect so much (and usually get it). If everyone down the line would slow down it would be fine—but how are you going to tell a kid we aren't giving much this year—when everyone else on the block goes all out.

Oh, it would probably work out alright the second year but wouldn't they feel underprivileged the first time around? We always did spoil our kids—and guess it's too late to stop now.

Things I wouldn't know if I

## ELKHORN

By Borita L. Myers  
Mr. and Mrs. Merrill Penn went to Portland Thursday and spent Thanksgiving with Mr. and Mrs. Harold Hunt. Mrs. Hunt is Mrs. Penn's sister.

Several people came up from Salem during the long weekend to see if any damage was done to their summer homes. Among them were Glenn Savage, John Sullivan and son, J. D. Baife, Earl Hearing, Paul Beal and son, Stephen.

Mr. and Mrs. Stephen Myers spent Thanksgiving with Mrs. Myers' family in Portland.

Bob Smythe came up Sunday and found his house had sand all over the floor where the river had flooded.

L. F. Myers entered the hospital Monday for minor surgery on his foot. He was taken down by S. G. Myers.

Dwight Parsons and B. C. Harrison were up on Saturday from Salem. They took a look at their places and called on the S. G. Myers.

Mr. and Mrs. Loren Edlund and son of Salem spent Sunday at their places and called on the S. G. Myers before returning home.

Jim Hewitt had quite a time getting out from the Amalgamated Mines last week. Mrs. Hewitt had an appointment for a checkup at a hospital in Portland so they started out from the mines but could not get out because of a large log across the road. Mr. Hewitt took his wife back to the mines and then walked out to the home of L. F. Myers in the pouring rain. Myers took Hewitt back to where his car was and then went up in two days and cut the log so the Hewitts finally reached Portland. Mr. Hewitt is back at the mines but Mrs. Hewitt remained in the city.

Mr. and Mrs. Ken Randall spent Thanksgiving with their son, Terry and his family in Salem.

Mrs. Eldon Armstrong and her grandson, Michael Guined of Salem and Mrs. Agnes Wheeler of Elkhorn were guests of the George Pettigills on Thanksgiving.

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hadn't picked up my varied assortment of magazines and papers—Only three persons out of every 100 escape dental decay—the advertising book match was introduced in 1889 to advertise an opera.

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