NYA OFFERING TRAINING FOR REGULAR JOBS

Many young men and women who are leaving high school and college this year will receive paid work experience and pre-employment instruction on projects of the National Youth Administration, preparatory to placement in regular industry. From NYA projects, they will go into civilian employment, not as beginners, but as workers with experience.

Citizens of ages 17 to 25, who are out of school and in need of occupational experience, may apply for assignment. Some can live at home and work on local projects; others live and work at resident centers under a well supervised plan; as a result of this experience, several hundred young people of Oregon have been rapidly prepared for the positions they now occupy in Oregon or adjacent states.

At present there is a great demand for experienced radio workers. NYA provides facilities at Klamath Falls, Eugene, Weiser, Idaho and other points, to prepare youths for radio work, on the local or resident project basis as desired by the applicant. Radio positions at good pay are open in civilian and private employment. Twelve assignments are now available on the Klamath Falls radio project which offers 40 hours paid employment per month and 40 hours of free instruction in code operation and theory, under the supervision of James R. Kellar. Application can be made to Oregon State Employment Service or to Earl I. Rice, NYA Area Director, Court House, Medford, Oregon.

SCHOOL REPAIRS TALKED BY BOARD

At a meeting of the school board of district 1, held Wednesday evening at Fremont school, needs for repairs of the various roofs of school buildings were discussed, and it was decided to call for bids to repair parts of the Pelican and Fairview roofs.

Resignations of Betty Lou Williams and Estrid Johnson from the teaching staff were accepted. Mrs. Jeannette Brown, formerly a teacher in the city schools, and Margaret MacLean, to take the place of Miss Williams, were elected. Magnus Syverson was elected to teach at Riverside.

W. W. Southwell was appointed auditor of the school accounts for 1940-41.

Red Cross to Start Two Home Nursing Classes Next Week

It was announced Friday by Mrs. Bessie Gardner, Red Cross home nursing chairman for the local Red Cross chapter that two home nursing courses will be given starting next week. One will be held in the armory, 112 North Spring street, beginning Wednesday, May 28, at 2 p. m. This class will be taught by Miss Ellen Stadius.

The other class to start at the Shasta school, Thursday, May 29, at 9 a. m. This class to be taught by Mrs. Myrtle Caldwell. These classes are open to the public, with special invitation to younger women of the community.

There are no charges for these classes and anyone interested and wishing further information may contact Mrs. Gardner, telephone 5070, or call the local Red Cross headquarters, telephone 7184.

Students will be taught how best to care for the sick in their home and will be taught how to improvise sick room equipment.

FOR PAINTING HOUSES inside or outside

A coat of good paint enhances the value of property—makes it more attractive to possible buyers—and protects it from rot and decay.

BUT be sure that you use paint made by an EXPERIENCED manufacturer and sold by a RELIABLE dealer. That's the kind we carry.

GENERAL 100% PURE PAINT is unequalled for sheer lasting quality and is therefore more economical to use.

Ask for FREE COLOR CARD showing 26 colors—and suggestions on how to do a good painting job.

GENERAL PAINT CORPORATION

515 MAIN

Rich Food Values Found in Many Of the Lesser Known Greens

Leafy green vegetables are delicious and valuable foods, containing iron, vitamin A and some calcium, nutrients absolutely needed for any good diet. The thinner and greener the leaves, the richer they are in iron and vitamin A.

Too many of us fail to use some of the less familiar greens, now abundant and seasonal, such as sorrel or sauer grass, mustard greens and cultivated or wild dandelion greens.

Sorrel or sauer grass is produced all over the world, being especially popular in European countries. However, it is cultivated only to a limited extent in this country. It is delicious when cooked as a green vegetable and combined with spinach. Also good served in a salad or soup.

Eat Dandelions

Mustard green is another excellent and comparatively neglected edible. It is at its best when boiled, cut fine and served with butter or cream. The addition of a ham bone when cooking mustard greens will improve the flavor of the dish.

Heavy shipments of outdoor dandelions are arriving from farms. Their leaves are fresh and inviting. These cultivated dandelion greens have longer and more tender leaves with a much milder flavor than the variety you find growing wild along the country roadside. When buying, choose those with brittle unwilted leaves that are slightly blanched. Avoid any showing blossoms developed beyond a miniature bud stage, or any that have flabby yellow leaves.

Field salad is another fresh green that we hear very little about. In both appearance and taste it somewhat resembles sauer grass. Its succulent leaves are separate, slender ovals about three inches long and, when grown naturally, are dark green in color.

Save Vitamins

Heat destroys vitamins. Therefore short cooking reduces the damage to a minimum. Certain vitamins and mineral salts are dissolved in the cooking water; and therefore, if the water is discarded, these precious nutrients are wasted. The use of a small amount of water makes it easier to make the most of any valuable liquid that is left over.

The lid is left off the pan chiefly to preserve the appetizing green color. Certain acids are released from the vegetable when cooking that will damage the coloring matter unless they are allowed to go off into the air in steam.

Menu

BREAKFAST: Orange juice, wheat middlings, top milk, buttered toast, coffee, milk.

LUNCHEON: Creamed vegetables on toast, enriched bread, fruit bowl, cookies, tea, milk.

DINNER: Boiled beef tongue, applesauce, mashed potatoes, buttered mustard greens, rhubarb pie, cheese.

Queen Bee Rules Over Household

BATON ROUGE, La., May 23 (AP)—B. O. Couvillon, returning with his family from a vacation in Mexico, discovered thousands of bees had taken over his home.

He tried smoke, police and fire departments, and finally Louisiana State university scientists.

They told him the queen bee must be between the walls which is small comfort to the Couvillons who can't live in the house.

Graduates' Special
Oil Permanents
2 for $3.96
Other Permanents — $2.50 to $5.00
Individual Hair Styling
by
Dorothy Stinson and Beryl Durant
Beryl's Beauty Shop
Room 501 - Med.-Dental Bldg.
Phone 6482

Safeway MEATS make better meals

Better because Safeway's Guaranteed Meats come to you at the peak of perfection, always. Tender, juicy, delicious—good eating every time! You see, Safeway buys only the finer meats, prepares them carefully and safeguards their goodness until the moment you buy. And why not do that today—under our money-back guarantee?

HERE IS OUR OFFER
Cook any cut of our Safeway meat the way you prefer it. Test it for tenderness, juiciness, flavor. If you don't like it for any reason whatsoever—your money back, without fuss or quibble. This offer holds good on all your meat purchases at Safeway.

Meat Prices Effective Sat. Only

MILK FED VEAL
Veal Roasts . lb. 19c
Veal Shoulder Steak . . . . . lb. 22c
Veal Chops . lb. 29c

YOUNG GRAIN FED PORK
Pork Steak . lb. 19c
Pork Loin Roasts . . . . . lb. 21c
Pure Pork Sausage . . 2 lbs 29c
Link Sausage lb. 19c

BEEF
Beef Roasts Blade Cuts ..... Lb. 19c
Ground Round Steak . . . . lb. 25c
Sirloin Steak . . . . . lb. 28c
Ground Beef . . . . 2 lbs. 29c

SPRING LAMBS
Leg of Lamb . . . . . lb. 29c
Lamb Chops . . . . . lb. 29c
Shou. Lamb Roasts, lb. 25c
Breast Lamb . . . . . lb. 12½c

GARDEN-FRESH VEGETABLES
Strawberries Fancy Large Berries ..... BOX 10c
Lettuce Firm, crisp heads ..... Lb. 5½c
New Potatoes ..... 10 lbs. 19c
No. 1 White Shafters
Cherries Black Tartarians 2 lbs. 15c
Beets New spring bunches ..... 3 Bun. 10c
Tender tops, good for greens
Turnips Sweet and crisp .... 3 Bun. 10c
Peas Telephone Variety ..... 2 lbs. 15c
Well-Filled Pods

SNOWDRIFT "Wesson Creamed" 3 Lbs. 53c
Crystal White LAUNDRY SOAP 5 bars 14¢
Su-Purb Soap Makes Wash Days Lighter 50-oz. box 29c 24-oz. pkg. 15¢
JELLY BEANS A Fresh Candy Everyone Likes 1-lb. cello. bags 2 for 25c
HERSHEY BARS 5C BARS 5 FOR 15c LARGE BARS 2 FOR 25c
CANDY Hersheys, all 5c bars ..... ea. 3c Hersheys, Bittersweet Chocolate, 4 oz. bars 2 for ..... 25c Hersheys Milk Chocolate, 7 oz. 2 for 25c
SOUP Chicken Noodle Hormel, 16-oz. cans ..... 3 for 25c
PRUNES Diamond A, No. 2½ tins ..... 2 for 25c
Chili Con Carne . . . . 3 for 25c
Van Camp's, Small Tins

Julia Lee Wright's WHITE BREAD IS NOW ENRICHED with VITAMINS and IRON Big 1½-lb Loaf 13c

Cherub Milk, tall tins....4 for 30c
Grapefruit Juice, Town House, unsweetened, No. 2....2 for 15c
Tomato Juice, Sunny Dawn, No. 2 tins ....2 for 15c
Pineapple Juice, Stokely .....46-oz. tin 25c
Canterbury OP Tea .....½-lb. pkg. 25c
Ovaltine .....6-oz. can 34c
Instant Postum.....4-oz. can 23c
Tomato Soup, Campbell's, 10-oz. tins.....3 for 20c
Heinz Tomato Ketchup, 14-oz. bottles 16c
Mayonnaise, Nu Made .....32-oz. jar 37c
Salad Dressing, Duchess .....32-oz. jar 24c
Syrup, Sleepy Hollow ....26-oz. can 25c
Pancake Flour, Harvest Blossom .....9-lb. bag 39c
Aunt Jemima Pancake Flour ....lge. pkg. 23c

BEANS Idaho Red ..... 5 lb. pkg. 25c
PEAS Sugar Belle Fancy. No. 2 tins ..... 2 for 25c
FLOUR Kitchen Craft "Enriched" ..... 49 lb. sk. 1.49
Shredded Ralston....12-oz.pkg. 12c
Spaghetti, Franco American, already prepared, No. 300 tins .....3 for 25c
Porter's Macaroni, Spaghetti, Ribonet, 1 lb. 9 oz.....pkg. 23c
Rice, River brand, brown rice .....2-lb. pkg. 13c
Schillings Red Color..1-oz. bot. 15c
May Day Salad Oil.....qt. 35c
Red Salmon, Del Monte or Libby, No. 1 .....tin 25c
Dog Food, Pard, No. 1 tins.....3 for 25c
Friskies, Dog Food ....2-lb. pkg 23c
Drano 12-oz.can 19c
Purex .....½-gal. 21c
Economy Caps, Kerr....2 pkgs. 35c

NOB HILL COFFEE Lb bag 19c 2 lbs 37c
EDWARDS COFFEE 2 lb can 45c Lb can 23c
Airway Coffee 3-lb. bag 37¢ Lb. bag 13¢

SAFEWAY

Silk Tissue Soft and Absorbent 3 Rolls 10c
Grapefruit Juice Town House 46-oz. Tin 15c
Tomato Juice Sunny Dawn 46-oz. Tin 15c
Raisins Thompson Seedless 4 Lb. Bag 21c
MILK Cherub Small Tins 3 For 10c
Rolled Oats Alber's Quick or Regular 8 Lb. Bag 33c
TUNA Fish Biltmore Fancy White Meat ½'s 2 Tins 29c
CORN County Kist. No. 303 4 Tins 30c
PEAS Gardenside No. 303's 4 Tins 30c
CRACKERS New Leader Sodas 2 Lb. Box 14c
SnowflakeSodas 2 Lb. Box 27c
Corn Flakes Alber's 8-oz. 2 Pkgs. 9c
Graham Crackers Honey Maid 2 Lb. Caddy 29c
Deviled Meat Cudahy's ¼'s 4 For 10c

Prices Effective Friday Through Monday

HEINZ MERCHANDISE
Soups Small Cans ..... 3 for 25c
Soups Medium Cans ..... 2 for 25c
Baked Beans 12-oz. Tins ..... 2 for 15c
Catsup 14-oz. Bottle 16c
Tomato Juice 15-oz. Tins ..... 2 for 15c
Baby Foods All Varieties ..... 3 for 20c

SAFEWAY