

Budget Menus Welcome Local Harvest Vegetables



Vegetable plate with cheese sauce is balanced, low-cost main dish.

Harvest vegetables are a blessing to our budget menus. Harvest fruits bring health and pleasure to our tables at reasonable cost. Try to use as many local fruits and vegetables as possible. They cost less.

VEGETABLE PLATE WITH CHEESE SAUCE (Six servings)

One head of cauliflower, 6 to 8 potatoes, 1 tablespoon chopped onion, 2 tablespoons butter, melted; 2 tablespoons whole kernel corn, 2 cups whole kernel corn, 1 egg, beaten; 1 teaspoon salt, 1 teaspoon pepper, one No. 2 can whole green string beans, 1 tablespoon butter.

Place cauliflower in a 2-quart glass saucepan, partly cover with boiling water. Cook uncovered for 15 to 18 minutes or until tender. Add salt. Remove center from each tomato; thoroughly mix together onion, butter, pepper, corn, egg and seasonings. Fill the centers of each tomato with this mixture. Place in layer cake pan and bake in moderate oven (350 degrees F.) about 30 minutes. Heat string beans in their own juice. Add one tablespoon butter. Drain cauliflower in resistant platter. Arrange tomatoes around the outside of platter with string beans be-

tween each tomato, and serve with cheese sauce.

CHEESE SAUCE

Two tablespoons butter, 4 tablespoons flour, 2 cups milk, 2 cups grated cheese, 2 tablespoons chopped parsley, 1 teaspoon salt. Melt butter, remove from heat, blend in flour. Return to the range and add milk a small

MENU

BREAKFAST: Grapefruit juice, bacon, toasted clover-leaf rolls, coffee, milk.
LUNCHEON: Vegetable plate with cheese sauce, corn muffins, stewed green gage plums, tea, milk.
DINNER: Lamb stew with bran dumplings, cabbage and peanut salad, prune Bavarian, coffee.

amount at a time, stirring constantly until thickened. Cook about 5 minutes longer until no starchy taste remains. Stir in grated cheese, parsley and salt. Serve at once.

An excellent way to get whole grain food, rich in B-1 and thiamin, into the diet, is to serve bran dumplings with inexpensive lamb stew made with breast and shoulder cuts.

BRAN DUMPLINGS

One cup sifted flour, 1 cup

bran, 4 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon shortening, 1 cup milk. Mix together the dry ingredients. Cut in fat, add milk, stirring quickly to make a soft dough. Drop by spoonfuls on top of stew, making sure dough rests on pieces of meat or vegetables. Cover and cook 15 to 16 minutes.

1941 CLOSED FIRE PERIOD TERMINATED

Governor Sprague, upon the advice of N. S. Rogers, state forester issued a proclamation terminating the 1941 closed fire season. This action was based upon weather conditions which prevail in the state at this time and became effective at midnight October 16.

The state forester announces that burning restrictions and regulations in force during the closed season are no longer effective. Rogers also stated that the loss of merchantable timber and logging equipment during the 1941 fire season has been one of the lowest in the history of the department.

Firm Asks Damages For Strike on State Library

PORTLAND, Oct. 17 (P) — Damages of \$95,800 are sought by the A. G. Rushlight company, Portland, from a number of competing plumbing firms and individuals, in a trial which opened in circuit court here yesterday. The plaintiff alleges that the defendants induced Locals 235 and 51 of the United Association of Journeymen Plumbers and Steamfitters to leave a job at the State Library building at Salem in February, 1938, and strike.

Loss of a sub-contract is alleged and \$45,800 actual and \$50,000 punitive damages asked.

INDICTED

SALEM, Oct. 17, (P) — A Marion county grand jury Wednesday indicted James Quentin Anderson and Kenneth Lloyd Hougham, state penitentiary inmates who attempted escape from a flax gang August 23, on charges of taking and using automobiles without authority.

NEW SHIPMENT!
Fall
SPORT DRESSES \$3.95
FOULGER'S
325 Main

Try Using Leftovers in These Thrifty, Nifty Ways

There's usually a little cooked bacon left over. Lucy Maltby, noted creator of thrifty recipes, suggests using that bacon for breakfast rolls. "Make a baking powder biscuit dough from the recipe given on the prepared mixture box," she says. "Roll to 1/4 inch thickness. Spread with butter and about 1/4 cup chopped crisp cooked bacon. Roll up firmly and cut slices about one inch thick. Bake in a hot oven (425 degrees F.) for 15 to 20 minutes.

GLAZED ONIONS (Six servings)

Three cups medium-sized silver-skinned onions, 4 tablespoons butter, 3 tablespoons sugar.

Cook onions in boiling water for about 25 minutes or until partially cooked. Drain and dry on paper towels or cheese cloth. Melt butter, add sugar and onions. Cook over low heat, shaking at intervals to keep onions from sticking. Serve hot when glazed.

Try serving orange custard for dessert. Be sure it is very cold when you serve it and you'll find it to be almost as popular as ice cream with the children. Here again we have a healthy combination of milk, eggs and citrus fruits.

ORANGE CUSTARD (Six servings)

Two cups milk, 2 eggs, slightly beaten; 1/4 teaspoon salt, 3 tablespoons sugar, 1 tablespoon orange juice, 2 oranges peeled and cut into sections, 1 cup heavy cream, whipped.

Scald milk. Combine eggs, salt and sugar, gradually stir in hot milk, return to double boiler and cook over hot water 5 minutes or until the mixture coats the spoon, stirring constantly. Add orange juice; cool quickly. Place one-half of the orange sections

in six custard cups, dividing equally. Garnish with the remaining orange sections. Chill thoroughly. Serve with whipped cream. This is a delicious dessert and especially good for invalids and children.

MENU

BREAKFAST: Stewed apricots, cold whole wheat cereal, hot bacon biscuits, coffee, milk.

LUNCHEON: Chipped beef and cottage cheese sandwiches on whole-wheat bread, cole slaw, stewed pears, cider.

DINNER: Baked spareribs with honey and soy sauce, creamed whole potatoes, glazed onions, tomato salad, orange custard, coffee, milk.

Fire Destroys Historic Buildings In Mountain Town

NORDEN, Calif., Oct. 17 (P) — Fire swept through the little mountain town of Cliso, 15 miles from here, early today and destroyed an old hotel that was one of the first winter resorts in the Sierra Nevada, a historic stage coach barn, a general store and several homes.

The huge snowsheds over the Southern Pacific railroad's transcontinental tracks, the railroad station, and the Pacific Gas and Electric company's Cisco warehouse were saved.

Cause of the blaze was not immediately determined.

LUCKY MAN

MANHATTAN, Kas., Oct. 17 (P) — Ed Davis couldn't sleep, so he strolled out to the kitchen. While he was there lightning struck his bedroom, hitting two bedposts.

Meats, fish and vegetables
Gain goodness in a flash—
We flavor soups and salads
And give them zest and dash

Here are 4 exciting flavors to make foods more delicious! Real flavors of Celery, Garlic, Onion, NEW Savor Salt Seasoning, so delicious—different. In glass shakers with moisture-proof caps. Try them.

Schilling

CELERY SALT
GARLIC SALT
ONION SALT
SAVOR SALT SEASONING

Roasts for Sunday May Be Varied With Stuffing

For Sunday dinner, pork roast makes a satisfying meat to serve. Prepare it with an apple and raisin stuffing to serve the old stand-by of pork and applesauce in a new way.

BONED PORK SHOULDER WITH APPLE AND RAISIN STUFFING (Serves 8 to 10)

Four pounds pork shoulder, boned; 3 cups applesauce, 2 cups steamed raisins, 1 cup whole wheat bread crumbs, 1/2 teaspoon salt, 1/2 cup parsley.

In purchasing pork shoulder, have the butcher cut a pocket in it. Fill with dressing made of the above ingredients which have been thoroughly mixed. Sew pocket together loosely but securely, and sear meat on all sides under broiler. Bake in a moderate oven (350 degrees F.) for two hours.

We are giving you a recipe for apple butter spice cake which we found delicious. During October when so many different varieties of apples are on the market, it seems almost imperative to include them many times in our week's menus.

APPLE BUTTER SPICE CAKE (Eight to 10 servings)

Two cups cake flour, sifted; 1 teaspoon baking soda, 1/2 teaspoon salt, 1/2 teaspoon allspice; 1 teaspoon cinnamon, 1/2 cup butter, 1 cup sugar, 1 egg (unbeaten), 1 cup raisins, 1/2 cup apple butter. Sift together flour, soda and spices. Beat butter until creamy; add sugar gradually, beating until light and fluffy. Add egg; beat well into mixture; add raisins. All flour alternately with apple butter, a small amount at a time, beating until smooth after each addition. Pour into two-square greased pan. Bake about 70 minutes in moderate oven (350 degrees F.). When cool, cover with apple butter icing.

APPLE BUTTER ICING
Two tablespoons butter, 2 cups powdered sugar, 2 tablespoons apple butter, 1 cup walnut meats, broken.

Cream butter, add half of sugar and half of apple butter. Beat well and spread on cake. Cover with nutmeats.

MENU

BREAKFAST: Orange juice, scrambled eggs, popovers, strawberry jam, coffee, milk.

DINNER: Cranberry juice cocktail, boned shoulder of pork with apple and raisin stuffing, mashed potatoes, corn, grape and endive salad, lemon sherbert, coffee.

SUPPER: Welsh rarebit on saltines, sliced tomatoes,

THIS WAY TO FOOD SAVINGS

AT CARTER'S
7th and Pine Streets
FREE DELIVERY — DIAL 3138
Prices for Saturday and Monday

HILLS' BROS. COFFEE 2-lb. Can 60c
BLENDED JUICE 46-oz. Can 25c
C. and H. SUGAR 10-lb. Bag 63c
25-lb. bag \$1.57 100-lb. bag \$6.09

New Items
New! KRAFT Quick-Serve COCOA MIX 8-oz. can 19c
Just add hot water — You get grand cocoa-and-milk flavor!

Delicious Concentrated Continental CHICKEN SOUP MIX carton 10c
Quick Cooking Grape-Nut HOT CEREAL 2 pkgs. 25c
Penuche or Chocolate Flavor QUICK FUDGE 2 boxes 29c
Crosse and Blackwell ORANGE MARMALADE jar 25c

JOHNSON'S Self Polishing GLO-COAT FLOOR POLISH 59¢ 98¢
JOHNSON'S PINE WAX 59¢

Heinz Foods
Heinz Tomato Ketchup 14-oz. bottle 19c
Heinz Strained Baby Foods 3 for 21c
Heinz Chopped Junior Foods 3 for 27c
FREE DELIVERY DIAL 3138

White Star TUNA 2 No. 1/2 Cans 39¢
SW White Popcorn 2 10-oz. Cans 19c
SW Wild RICE lb. box 69c

New Kraut 2 Qts. 25c
Skinless Wieners lb. 25c
Fresh Pork Loin Roast lb. 29c
Off Either End.
Fresh Beef Rib Boil 2 lbs. 29c
Fresh Ground Beef 2 lbs. 35c
Fresh Dressed Poultry and Rabbits.

New Crop Sweet Potatoes 3 lbs. 19c
Fresh Green Broccoli lb. 8c
Fresh Tomatoes 3 lbs. 25c
Fresh Spinach 2 lbs. 19c
Fresh Grapes — Baking Squash

Carter's FINE FOODS
"A Good Place To Trade"

HOOVER RAPS U. S. POLICY ON FOOD

WASHINGTON, Oct. 17 (P) — Herbert Hoover, urging action to send American foodstuffs to occupied European countries, contends that the United States has adopted "the policy of starvation and deaths to these democratic peoples because it is a British policy."

In correspondence released by Senator Capper (R-Kas.) today, the former president told Secretary of State Hull that Germany had agreed to meet specified conditions for the delivery of foodstuffs to conquered nations. He added that the plan, advanced by the national committee on food for the small democracies, "does not prolong this war a single day."

Fishermen Rescued In Umpqua Mouth

REEDSPORT, Oct. 17 (P) — Coast guardsmen, standing by after sighting distress signals, rescued two fishermen from their capsized boat inside the mouth of the Umpqua river yesterday.

The boat was drifting helplessly, its motor dead. As the coast guard boat came alongside a breaker overturned the fishing boat, throwing Russell Sachau, San Francisco and Fred Berwert, Winchester Bay, into the water.

Tall Woodsman of Klamath Joins Navy

PORTLAND, Oct. 17 (P) — The long and short joined the navy here Thursday.

David Carter, Monmouth, squeezed in. He is 5 feet, 2 inches tall, which is the navy's absolute minimum. Leslie Hanson, Klamath county logger, followed. Hanson stands 6 feet, 4 inches, the navy's maximum.

HER HOUSE IS LOVELY — BUT LOOK AT THOSE GRAY WINDOWS!

IT'S A SHAME, TOO — SHE COULD MAKE THEM SPARKLE WITH CLEAREX

NEW GLASS CLEANER CUTS GRAY FILM FROM GLASS

Windows have to be cleaned often because... an almost invisible film forms on the glass. This film collects dust and dirt, soon makes windows gray. Ordinary cleaners may fail completely to remove this film, making frequent cleaning necessary. CLEAREX, on the other hand, contains the exclusive ingredient *Orthosolvate* which cuts this film in 7 seconds, leaving glass clean and sparkling. CLEAREX is colorless, harmless to hands and fabric. Excellent on chromium, porcelain, tile, mirrors, etc. Contains no oil; get it at all grocers.

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Free Delivery of \$2.00 Orders — — — We Reserve the Right to Limit
USE OUR LARGE FREE PARKING LOT

Meat Specials Sat. Only
Grain Feed Beef and Pork
Beef Roast . . . lb. 19c
Veal Roast . . . lb. 25c
Pork Roast . . . lb. 19c
Pork Chops . . . lb. 28c
Pork Steak . . . lb. 25c
Fresh Side Pork, lb. 20c
Ground Beef 15c
Fresh, No Water Added . . . Lb.
Pork Sausage 15c
No Water Added . . . Lb.
Bacon Swift's Oracle 1/4 or Whole Lb. 29c
Local Fresh Dressed
HENS . . . lb. 25c
Mr. Markward's Good Sauerkraut Qt. 38c
Swift's Skinless 1 Lb. Both 38c
Wieners 1 Lb.

Swansdown Flour 49-lb. sack \$1.89
Albers Corn Flakes Pkg. 5c
Oregon Brand Milk 4 Tall cans 33c
S. and W. Mellow'd Coffee Lb. can 30c
Schilling's Bkg. Pwdr. 2 1/4-lb. can 84c
Sunshine Hi-Ho Crackers Lge. pkg. 19c
Brimful, 3-Sieve Sweet Peas 303 can 2 for 23c
Tender Sweet Corn 303 can 3 for 29c
Meco Brand Peas-Corn 303 cans 3 for 25c

PRUNES New crop, large Oregon dates 3 lb. pkg. 18c
FLOUR Sperry's Flavor Loaf, 49-lb. sack \$1.65
WALNUTS Large Oregon Franquette's Pound 25c

Fresh California Dates 2-lb. pkg. 35c
Fancy, Long Shred Coconut 1/4-lb. 12c
Lb. pkg. 22c
Hershey Homestead Milk Chocolate 13-oz. bar 15c
Brer Rabbit, Green Label Molasses Pure New 2 1/4-lb. Orleans can 25c
Libby's, 3-Sieve Peas 303 can 2 for 25c
Standby, fancy all green spears Asparagus No. 1 tall cn 22c

Our Leader, Drip or Reg. Grind Coffee 1-lb. pkg. 19c
White Satin Sugar 10-lb. cloth bag 61c
Schilling's Orange Pekoe Tea 1/4-lb. pkg. 33c
Swift's Premium Corned Beef 12-oz. can 25c
Swift's Chili Con Carne 11-oz. can 2 for 23c
Libby's, 303 Can Mxd Vegetables 2 for 23c

Shop Our Shelves for Your Daily Savings

Fruits and Vegetables
Large Rome Beauty Hood River Apples 40 Lb. Box \$1.39
Large Freestone Peaches Crate 59c
Grants Pass Tokay Grapes 3 Lbs. 14c
Banana Squash Lb. 2c