

HOMEMAKERS VOLUNTEER TO IMPROVE DIET

Secretary of Agriculture Claude Wickard said: "Food will win the war and write the peace." That is why the American people are pledging themselves to work for more food and to have a better balanced diet. There have been goals set which should yield more food than America has ever produced, and goals pointing toward the kind of meals nutrition experts say will build a healthy nation.

The Homemakers of Klamath county are volunteering to do their part to work for better meals. They are not only doing their part in preparing well-balanced meals, but they are cooperating in the neighborhood leader plan being carried out by the Klamath county nutrition council for defense. Homemakers were asked to attend a meeting on "Adequate Diet," which was led by Lucy Case, nutrition specialist. The matter of an adequate diet for the whole family was discussed at the meeting and the discussion was accompanied by a demonstration. The women saw the correct methods of food preparation and learned that food can look and taste good as well as be good nutritionally. Each homemaker who attended the meeting is contacting 10 of her neighbors, teaching them the importance of adequate diet.

To have an adequate diet, it will be necessary for all families to produce as much food for their family as possible. Each family will need to preserve food for its own use, and while the family should have a good fruit canning program, certain vegetables such as peas, beans and corn must be processed. Tomatoes are also very important to nutrition and should be canned. Tin cans, glass jars and lids are becoming increasingly scarce, so homemakers should not overlook the possibilities of dried vegetables as well as fruit.

PINOCHLE GROUP RESUMES AT FORT

FORT KLAMATH—Following a recess during the summer months, members of a local pinochle group met Wednesday at 12:30 p. m. for luncheon and an afternoon of cards at the home of Mrs. Willard Backman, who was assisted in entertaining by Mrs. Tod Deffenbacher.

Three tables of pinochle were in play, with Mrs. Fred Zumbun holding high score and Mrs. James Van Wormer second high. Those playing were Mrs. William K. Dyche, Mrs. George Kendall, Mrs. Fred Zumbun, Mrs. Glen Ferguson, Mrs. Tom Dyche, Mrs. Spencer Radcliffe, Mrs. James Van Wormer, and the two co-hostesses, Mrs. Beckman and Mrs. Deffenbacher.

The card club will meet on Wednesday of each week, and for its next meeting on November 12 Mrs. W. K. Dyche and Mrs. Tom Dyche will be hostesses for the afternoon at the home of the latter.

Elsewhere In Oregon

SANDY, Nov. 7 (P)—Transmission lines of the Northwest Clackamas Electric co-operative received their first power yesterday. Most of the 190 rural residences on the 60-mile line have been wired.

BEND, Nov. 7 (P)—Development of a new park facing Mirror pond in the Deschutes river started this week while the pond was drained for repairs to the dam.

COQUILLE, Nov. 7 (P)—Dr. J. Edward Dehne, called into the army Nov. 1, is the seventh Oregon county health officer ordered in military service. Dr. H. M. Erickson of the state department of health reported. He said replacement might be difficult.

PENDLETON, Nov. 7 (P)—The Umatilla county defense council has set up a Pendleton recreation committee, charged with directing community activities that serve army enlisted men in the area.

OREGON CITY, Nov. 7 (P)—Three contracts for 1942 hops, earliest recorded here in many years, have been filed with the Clackamas county clerk. They cover 45,000 pounds and range from 30 to 31 cents a pound.

COQUILLE, Nov. 7 (P)—Sale of the Port Orford Light & Power company, Port Orford, to the Coos Electric co-operative has been authorized by the state following a recent hearing. The agreed purchase price is \$22,000. The co-operative plans eventually to serve 1700 members.



Dainty tea sandwiches are pictured here.

History of Sandwich Given; Recipes for Them Listed

About one hundred and fifty years ago the Fifth Earl of Sandwich, who was an ardent gambler, invented the portable meal or "sandwich" as it was later called. Not wishing to leave the gaming table long enough to eat, he ordered a bread and meat concoction carried to the game room so that he might go on with this entertainment uninterrupted.

Today sandwiches are among the most popular items on the food calendar. They range from tiny appetizers to hearty main course sandwiches. In between are sandwiches for tea, picnics, lunch boxes; sandwiches in every shape and form imaginable and suitable for every occasion.

Ideal among the sandwich ingredients is sandwich spread, which combines the fresh flavor of real mayonnaise with the zest of pickle relish and pimientos. It gives sandwiches that "extra something" which makes them especially delicious.

Cucumber and Tomato Sandwiches
3 tablespoons cucumber chopped.
3 tablespoons tomato, chopped
3 teaspoons onion, chopped
1 teaspoon salt
1/16 teaspoon pepper
3 tablespoons sandwich spread
12 slices bread

Mix together cucumber, tomato, onion, seasonings and sandwich spread. If desired, remove crusts from bread. Use a layer of filling between slices of bread spread with sandwich spread. Yield: 6 sandwiches.

Flaked Fish Sandwiches
1 7½-ounce can fish, flaked (tuna, salmon, crabmeat, shrimp)
2 teaspoons onion, chopped
1/3 cup celery, chopped
1 teaspoon salt
1/3 cup sandwich spread
6 slices bread
Sandwich spread
Mix together fish, onion, celery, seasonings and sandwich spread. If desired, remove crusts from bread. Use a layer of filling on slices of bread spread with sandwich spread. Yield: 6 sandwiches.

Egg Salad Sandwiches
3 hard-cooked eggs, chopped
1 cup celery, chopped
1 teaspoon salt
1 teaspoon pepper
2 tablespoons sandwich spread
12 slices bread
Sandwich spread
Mix together eggs, celery, seasoning and sandwich spread. If desired, remove crusts from bread. Use a layer of filling between slices of bread spread with sandwich spread. Cut sandwiches diagonally in halves. Yield: 12 sandwiches.

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Cottage Cheese Sandwiches
1 cup cottage or cream cheese
2 teaspoons onion, chopped
2 teaspoons green pepper, chopped
3 tablespoons sandwich spread
12 slices bread
Sandwich spread

Mix together cottage or cream cheese, onion, green pepper and sandwich spread. If desired, remove crusts from bread. Use a layer of filling between slices of bread spread with sandwich spread. Cut sandwiches in halves. Yield: 12 sandwiches.

Ham and Celery Sandwiches
1 cup cooked ham, chopped
1 cup celery, chopped
1 teaspoon onion, chopped
2 tablespoons sandwich spread
12 slices bread
Sandwich spread
Mix together ham, celery, onion and sandwich spread. If desired, remove crusts from bread. Use a layer of filling between slices of bread spread with sandwich spread. Cut sandwiches diagonally in halves. Yield: 12 sandwiches.

Thanksgiving is around the corner... or Franksgiving... call it what you will it means Pumpkin pies... mince pies... rolls... butteries... cakes... cookies and all the goodies that you'll want... and the place to get them and an assortment is at the Polly Ann Bakery, 111 North 8th St.

BLY CLUB HOLDS PATRIOTIC PARTY

BLY — The Music and Dramatic club met at the home of Mr. and Mrs. Ralph Ellenberger Monday evening, November 3, with Emma McClean as co-hostess.

A patriotic program commemorating Armistice day was presented. A radio-phonograph was used to play patriotic songs and popular songs of the first World War which worked in with a play written by Ellen Ellenberger. The characters and their parts in the play were the following:

Miss Liberty, Mrs. Carl Raupach; CCC boy, Uncle Sam's youngest son, Carl Raupach; marine, Gene Detrich; soldier, Mrs. Hartman; civilian, Alice Boyd. Those present were Mr. and Mrs. Carl Raupach, Mr. and Mrs. Vern Hanon, Mr. and Mrs. Elmer McGinnis, Mr. and Mrs. Johnschiet, Gene Detrich, Mrs. Hartman, Mrs. Ed Patzke, Mrs. James Boyd, Mrs. Alma Pound, Avis Little and the hostesses, Ellen Ellenberger and Emma McClean.

The next meeting will be at the home of Mr. and Mrs. Johnschiet.

Sewing Club at Fort Has Meeting

FORT KLAMATH—Following a recess during the summer months, members of the local sewing club resumed their regular bi-monthly meetings on the

second and fourth Wednesdays of each month last Wednesday, when Mrs. Carl Wilson entertained the group of women at her home at the Wilson auto court north of Fort Klamath. The afternoon was spent by the women present in sewing for the Red Cross, and refreshments of waffles, ice cream and coffee were served by Mrs. Wilson.

Guests of Mrs. Wilson for the afternoon were Mrs. Theodore Nicholson, her mother, Mrs. Anderson of Ellensburg, Wash., Mrs. William Brewer, Mrs. Otto Leever of the state fish hatchery south of Fort Klamath, Mrs. Guss Page, Mrs. A. D. Roach of Crater Lake park, Patsy Nicholson and Barbara Roach. Mrs. Roach was welcomed into the group as a new member at this time.

Mrs. William Brewer will next entertain the sewing club on the afternoon of Wednesday, November 12, at her home at the Darling-Brewer ranch north of here.

Here's an Answer For Draft Board About Marriage

PORTLAND, Nov. 7 (P)—Draft Board Clerk Earl Goodwin got this answer Thursday when he asked a bridegroom whether he got married to evade induction:

"I could have married long before now if I had wanted to use that means of evading induction. But the right girl does not come along every day, but when she does, it is not a good idea to hesitate too long."

"Hitler never asked me if he should wait before he decided the fate of his nation for 1000

years, and why should I let him influence my decision to decide my fate for the next 50 years, more or less?"

Ever try Polly Ann's Potato

doughnuts? ... Say, you've missed something. And only 30c a dozen. Swell with coffee or without. Munch on 'em between meals. Polly Ann Bakery, across from new telephone building.

Saturday Specials

Marble Loaf Cake

Just the cake to slice for lunches or afternoon teas. White and chocolate topped with a cooked chocolate fudge.

25c

Butterscotch Rolls

A sweet roll with lots of sliced Brazil nuts, brown sugar, and honey. Baked until the sugar is caramelized.

2 for 5c or 25c doz.

Mince Meat Pies . . . 30c

Pumpkin Pies . . . 30c

Date Nut Drops . 2 doz. for 25c

Fluhrer's
Phone 4131

Van Camp's
PORK and BEANS

Save time and money
on a meal that's a honey



None

Shop by Telephone for Quicker, Easier Service

Prices for Saturday and Monday
Closed All Day Tuesday - - - Armistice Day

RINSO Large Size Box 21c

DR. PHILLIPS BLEND
ORANGE and GRAPEFRUIT JUICE, 47-oz. can 25c
ROYAL CLUB PEAS . . . 2 No. 2 cans 27c
O-So-Good
CUT MACARONI . . . 2½ lb. cello bag 21c
JOHNSON GLO-COAT . . . Quart can 98c

FOR DELICIOUS MORNING CEREAL
H. O. ROLLED OATS
QUICK OR REGULAR STYLE . . . Box 29c

CANNED MILK All Brands In Stock 3 for 27c
C. & H. SUGAR 10 lb. Cloth Bag 63c
25-lb. Bag \$1.57 100-lb. Bag \$6.09

GARDEN FRESH Vegetables

Oregon Grown
Brussels Sprouts . . . 2 Baskets 25c

Fresh Green
Broccoli . . . 2 Bunches 25c

Fancy Staymen
Winesap Apples . . . 6 lbs. 29c
Box \$1.59

Fancy White
Creaming Onions . . . 4 lbs. 19c

Cranberries, Grapes
Texas Pink Grapefruit
Baking Squash, Artichokes
Cauliflower

Carter's Fine Foods
7th and PINE STREETS
"A Good Place to Trade"

Crosse and Blackwell
CANNED FOODS

DESSERT BREADS . . . 15c
CHOCOLATE • DATE NUT • FRUIT NUT • PRUNE
DESSERT PUDDINGS . . . 35c
• FIG or • DATE medium can
CHILI SAUCE . . . 15c bottle 23c
CHOW CHOW . . . 11-oz. bottle 29c
MINT SAUCE For Lamb . . . bottle 29c
IRISH STEW . . . 1 lb. can 23c
LAMB STEW . . . 1 lb. can 23c
BEEF STEW . . . 1 lb. can 23c
BEANS and SAUSAGE . . . 1 lb. can 19c
DIAL 3138
FREE DELIVERY

FINE QUALITY MEATS

Beef Pot Roast . . . lb. 24c

BEEF RIB BOIL . . . Lb. 15c
LOIN PORK ROAST . . . Lb. 28c
LEAN PORK CHOPS . . . Lb. 35c
FRESH GROUND BEEF . . . 2 Lbs. 35c

Place Your Order for Thanksgiving Turkeys Now
Fresh Dressed Poultry and Rabbits

Nobility Cookies Fancy Assortment 1 Pound Box 35c

No-Drip
SYRUP PITCHER 1c
Only

with purchase 2 packages
Delicious New READY-TO-EAT CEREAL
2 PKGS.
Cheerioats 23c

"It helps to hold a man if you know
**You can't make
a bad cup of
M.J.B.**"

—Claudette Colbert tells Ray Milland
on the set of Paramount's "SKYLARK"

RAY: It says here that the husband loses interest in the wife—and that's you, charming one!
CLAUDETTE: Well, there's more than charm to holding a man.

CLAUDETTE: For instance, good coffee always helps. Wouldn't coffee like this please any man?
RAY: Yes—it isn't strong, but it has plenty of flavor.

Here's why it never fails! Make your coffee with the same care as you have in the past. These two exclusive M.J.B. features—a uniform roast—and double blending—will give you the finest cup of coffee you ever tasted!

GUARANTEE. Buy a pound of M.J.B. Try it for a week. If you don't agree it's better than any other coffee—return the lid to M.J.B. Co., San Francisco, and we will refund double your purchase price.

GOOD ANY WAY YOU MAKE IT

DRIP GRIND...for drip or glass coffee makers. REGULAR GRIND...for percolator or coffee pot.