

USO DANCE AT FORT SUCCESS

FORT KLAMATH—The dance held here last Saturday night in Guss Page's community hall under the auspices of the Civic Improvement club was a huge success both financially and socially, a large crowd attending and enjoying a fine time. Entire proceeds from the dance, amounting to nearly seventy dollars were turned over to the USO by the C. I. club. Music for dancing was furnished by the Swingerettes, popular all-girl orchestra from Chiloquin, Mrs. William Page and Mrs. William Zumburn having been appointed by the club as a committee to secure music for the dance.

The C. I. club wishes to extend thanks to all who donated their services and assisted in any way in arrangements to make the dance a success. In particular, the organization wishes to express its appreciation to the following: the Swingerettes orchestra for donating its music for the dance, to Guss A. Page for free use of his dance hall, to Fred Bishop, who gave his services for the evening as ticket-taker and floor manager, in addition to all others who helped in any way, as well as those who by attending the affair helped a worthy cause.

Successful Boise Meeting Reported By AFL Union Head

Laugh Haddock, president of the Klamath Basin District Council of the AFL Lumber and Sawmill Workers union, today reported a "quite successful" meeting in Boise, Idaho, last weekend of AFL-LSW representatives from California, Oregon, Washington, Idaho and Montana. He said final plans were drafted for presentation of wage and hour disputes in the pine area to the War Labor board. Cases directly affecting the Blue Mountain and Central Oregon district councils have already been certified to the WLB, Haddock said, and cases of other areas including the Klamath district, are expected to be certified in the near future.

Cantaloupes Are Good and Good for You---Save Sugar

Now that Oregon grown cantaloupes are about to reach the market, consumers can contemplate their use with more than the usual relish, for they are one answer to sugar rationing problems and are now given an important place nutritionally, says Miss Lucy A. Case, specialist in the OSC extension service. Cantaloupes may be used either as a breakfast fruit or a dessert without the use of any sugar, a fact certain to add to their popularity, says Miss Case. The deep yellow flesh of most varieties indicates a source of carotin, which is in turn a source of vitamin A for the body. The flesh is also as good a source of vitamin C as tomato juice, pound for pound.

Picking a good cantaloupe has impressed some as a near approach to a lottery, but there are a few methods by which one can lift it somewhat out of the realm of chance. One rule is that "your nose knows"—if it smells good it is good.

If the smell test leaves some doubt or has failed at times, the eyes can help out. The quality of any melon is best if picked at the right time. For a cantaloupe this means when its stem loosens naturally. A melon picked at

Dutch Warned Death Penalty for Aiding Invasion Forces

LONDON, Aug. 7 (AP)—Gen. Friedrich Christiansen of the Nazi occupation forces in the Netherlands, has issued a warning that anyone aiding an allied invasion will be shot and anyone who even ventures outdoors during such an invasion will be liable to be shot, the Netherlands news agency Aneta reported today.

Aneta said that the declaration, as follows, was read over the Dutch radio.

"Many words have been spoken by the enemy about a second front somewhere in western Europe, possibly also in the Netherlands, and hope has been expressed by the enemy that they will be able to count on the populations to help, which urges us to address you the most urgent warning.

"Everybody must be aware that he plays with his own life if he tries in the smallest extent either directly or indirectly to assist enemy landing attempts."

LATER OPENING OF SCHOOLS PROPOSED

TURNER'S CENTER—The patrons of the Keno school district are circulating a petition asking that the school opening be delayed for a month because of the need of help in the haying which is in full swing now. Many of the boys and girls are assisting in the harvest and will not be able to start when school opens the last of August. It is practically impossible to get men to work in the fields this year and the older boys are indispensable to the farmers.

SKIRMISH RIVERSIDE, Calif.

The marine landed—with the situation well out of hand. Pvt. Earl M. Cotton slept as his train pulled through the yards—but not for long. A cigarette was burning in his berth. Trainmen helped toss his smoking clothing from the train. At a water stop a moment later, a station clerk came galloping down the track, Cotton's trousers in one hand and a wallet containing his ticket, money and a medal in the other.

Get Your Next ARROW SHIRT WHITE OR COLORS—AT DREW'S MAINSTORE 721 Main

that stage will have a clean seal rather than a torn stem hole or part of the stem left on. Those shipped long distances are seldom picked at this ideal stage. Those who know their melons also say that a good one is firm and well netted. The blossom end opposite the stem will be firm and show no paleness, while a slight golden color will be seen through the netting covering the melon. Overmature melons can be easily detected as they are usually definitely yellow and soft. Bruised cantaloupes are also to be avoided except at bargain prices permitting some discarding, as are those that are shriveled or that have decayed spots. These signs vary somewhat with variety, as indicated by the excellent quality of the big Oregon Spear melons that hide a thick, rich flesh under a most unattractive exterior.

Good source of Vitamin B₁, per ounce, as eaten. It's extra good with peaches. In ordering, say the full name—Nabisco Shredded Wheat—the Original Niagara Falls product.



MY MOM FEEDS US RIGHT!

She helps us win by feeding us the proper foods

Include whole grain foods each day. So say U. S. Nutritional Authorities. Wise mothers start the family off each day with delicious Nabisco Shredded Wheat—100% whole wheat with all of whole wheat's energy—a

good source of Vitamin B₁, per ounce, as eaten. It's extra good with peaches. In ordering, say the full name—Nabisco Shredded Wheat—the Original Niagara Falls product.

A good source of VITAMIN B₁, as Nature provides it

Baked by NABISCO NATIONAL BISCUIT COMPANY

SAFeway Homemakers' Guide

NUMBER 55 ★ How to have more fun during vacation ★ A list of fine foods, low-priced every day ★ What one girl learned about easy shopping



How to keep cooking from spoiling your vacation

Like most of us, you are probably staying close to home for your vacation this year—which means that household duties may go on as usual, vacation or no vacation. But with a little clever planning, you'll be amazed at how much more time there is for leisure. And you'll find vacations at home can really be lots of fun.

Below, the Safeway Homemakers' Bureau has suggested several time-saving ideas. See if you don't think they're good ones.

Plan menus ahead of time. Allow plenty of variety, including a few foods you don't often buy, but choose things that cook quickly, or may be partially prepared in advance. Don't undertake elaborate, time-consuming cookery—unless that's your idea of fun!

Plan shopping lists with menus. Streamline your shopping trips to a minimum. There's no point in spending your vacation traveling back and forth to the store. Buy the major part of your groceries early in the week. Then, in between times, you'll only need to buy the most perishable foods.

Be leisurely. Shop early in the day when stores are less crowded—you are less rushed—and the selection is better.

Be forehanded. Plan foods that can be prepared in advance. Meat loaves, casseroles, molded salads, puddings and cookies are good examples.

Be cool. Do your heavy cooking in the cool of the morning, or even the night before if possible.

Be smart. Purposely plan meat leftovers every so often for easy second-day cooking. Roasts, fried chicken, baked ham, for instance.

And here's a menu that shows you what we mean by advance preparation and tasty eating.

- VACATION MENU**
- Baked Ham Loaf—Served Hot or Cold
(Mix and mold meat in advance; keep in refrigerator until ready to bake.)
- Scalloped Noodles
(Cook noodles; combine with hot cream sauce; keep in refrigerator until time to bake; dot with buttered crumbs and brown in oven.)
- Buttered Freshly-Cooked Peas
(Shell and cook just before serving)
- Sliced Tomato, Grapefruit Section, and Avocado Ring Salad with French Dressing
(Keep sealed tomatoes in refrigerator ready to peel; prepare salad at the last)
- Heated Rolls Butter
Fresh Peaches and Cream
(Slice fruit just before serving)
- Oatmeal Cookies
(Baked in an ambitious moment)
- Coffee, Milk, or Iced Tea
- More about vacation fun**
- Read the article, "V is for Vacations, Too," in this week's Family Circle. It's about morale, vacations, and more fun at home with cooking worries eliminated. Out every Thursday, free at Safeway.

Safeway Homemakers' Bureau
JULIA LEE WRIGHT, Director

- Soap Powders**
- Oxydol Giant pkg. 63c
- Rinso Giant pkg. 63c
- Crystal White Chips, Giant pkg. 42c
- Dreft Giant pkg. 61c
- White King Giant pkg. 51c

ANN LEARNS HOW TO MAKE WEEKENDS MORE FUN

WELL, I CAN'T SEE WHY WE ALWAYS HAVE TO SHOP ON SATURDAY—IT SPOILS HALF OUR WEEK-END, ETC., ETC.

BUT WE HAVE TO SHOP ON SATURDAY, KAY, SO WE CAN TAKE ADVANTAGE OF ALL THE SPECIALS.

OH, THAT "WEEK-END SPECIAL" THING IS A LOT OF NONSENSE, ANN. LISTEN...

AND YOU MEAN TO SAY THAT SAFEWAY PRICES ARE AS LOW AS THIS EARLY IN THE WEEK?

THAT'S RIGHT—SAFEWAY'S "SATURDAY" PRICES ARE GOOD EARLY IN THE WEEK

GOSH, IT'S SWELL, DEAR, NOW THAT WE HAVE OUR WHOLE WEEK-ENDS FREE.

YES, AND BEST OF ALL, TOM, I NOT ONLY SAVE TIME SHOPPING ON WEEK-DAYS, BUT SAFEWAY PRICES ARE SO LOW ON EVERYTHING, I SAVE MONEY, TOO

Why don't you get your "big" order on a weekday too?

Not only will you have more time to play on weekends, but you'll be able to shop more leisurely if you get your big grocery order on a weekday. And then, on Saturday, just fill in what you need for the weekend. Safeway's specially low advertised prices, you know, are now good early in the week.

SAFeway
Prices Subject to Market Change

These especially low "Saturday" prices are good every day of the week at Safeway

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|---|---|---|
| Cherub Milk tall cans 3/24c | Popped Wheat, Nu Vita, cello bag 8 oz. pkg. 2/15c | Cod Fish Cakes, Dorymate No. 1 can 2/35c |
| Canned Milk, Nationally advertised brands tall cans 3/25c | Popped Rice, Nu Vita, cello pkgs. 8 oz. 2/15c | Assorted Baby Foods, Heinz strained 4 1/2 oz. can 3/20c |
| Grapefruit Juice, Dr. Phillips No. 2 can 11c | Kellogg's Corn Flakes 11 oz. pkg. 2/19c | Heinz Chopped 6 1/2 oz. can 9c |
| Figs, Sundown Kadota, No. 1 can 2/25c | Kellogg's Variety Assorted Cereals 10's 24c | Jel-Srite Pectin, Liquid, 8 oz. bottle 11c |
| Honey Maid Graham Crackers 2 lb. pkg. 34c | Nalley's Popped Corn, 12 oz. pkg. 31c | Parowax 1 lb. pkg. 12c |
| Ritz Crackers 1 lb. pkg. 22c | Peanut Butter, Beverly 1 lb. jar 22c | Wax Paper, Cut Rite, 125 ft. roll 2/35c |
| Vanilla Extract, Westag 8 oz. bottle 10c | Pickles, Nalley's Treasure 12 oz. bottle 15c | Toilet Tissue, Silk Roll 650 sheets 4/15c |
| Maca Yeast pkgs. 2/5c | Olives, Lindsay, Extra Large No. 1 can 20c | Dog Food, Friskies 2 lb. pkg. 24c |
| Baking Powder K. C. 25c can 19c | Tang, Cudahy's 12 oz. can 35c | Matches, Searchlight carton 27c |
| Knox Gelatin, Sparkling, 1 oz. size 19c | Lea & Perrins Sauce 5 oz. bottle 32c | Fly Spray, Standard quart can 37c |
| Flour, Harvest Blossom, 49 lb. sk. \$1.57 | French's Mustard 9 oz. jar 2/25c | Sprayers, Standard fly each 23c |
| 24 1/2 lb. sk. 83c | Hot Sauce, Gardenside 8 oz. cans 4/15c | Chloride of Lime, Acme, 12 oz. can 14c |
| Bisquick Flour, Gold Medal 40 oz. pkg. 35c | Spinach, Emerald Bay, No. 2 1/2 can 15c | Woodbury Soap bars 3/25c |
| Ralston Ry-Krisp 13 oz. pkg. 17c | | Brown Derby Beer 32 oz. bottle 25c |
| Apricots, Valley Gold, Whole unpeeled No. 1 can 11c | | Salt Licks, Plain 50 lb. block 59c |

★ Buy U. S. War Bonds and Stamps With the Money You Save at Safeway ★

GUARANTEED-FRESH PRODUCE

You save money any day of the week on Safeway produce because it's always low priced. And your complete satisfaction is guaranteed or your money back.



Bananas Golden Ripe lb. **5¢**

U. S. No. 2

Potatoes 50-lb. bag **\$1.49**

Peaches Large size, 25-lb. net weight lugs Lug **1.79**

Fancy California Elbertas for Canning
All Sizes — Can Them Now

Crate 1.15 - 1.25 - 1.35

Hale Peaches Large size, 25-lb. net weight lugs Lug **1.79**

- ★ BRING US
- ★ WASTE FATS FOR
- ★ EXPLOSIVES

Safeway is cooperating with the waste fat saving program

- Royal Satin** Money-Saving Shortening 3 Lb. Can **63c**
- Snowdrift** Shortening 3 Lb. Can **73c**
It's Wesson Creamed.
- Crisco** Shortening, Creams Quickly 3 Lb. Can **73c**
- Tenderoni** Van Camp's New Macaroni Product 2 Pkgs. **19c**
One package FREE when you buy two!
- Su-Purb Soap** 50-Oz. Box **39c**
24-Oz. Package **20c**
- Lux Soap Flakes** 12 1/4-Oz. Box **23c**
Safely Launderers Delicate Fabrics.
- Ivory Soap Flakes** 12 1/4-Oz. Box **23c**
Economical, Quick-Acting Flakes.

SAFeway GUARANTEED MEATS

- Beef Roasts** Blade Cuts Lb. **28c**
- Beef Roasts** Round Bone Cuts Lb. **29c**
- Ground Beef** Lb. **17 1/2c**

- Skinned Hams** Tenderized Lb. **39c**
- Sliced Bacon** No Rind or Waste Lb. **35c**
- Luncheon Meats** Assorted, Delicious for Warm Day Meals Lb. **33c**

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|----------------------------------|---|
| Veal Crown Roasts, Lb. 27c | Pork Steak Lb. 33c |
| Veal Shoulder Steak Lb. 33c | Pork Roasts, Round bone cuts Lb. 29c |
| Breast of Veal Lb. 17 1/2c | Pork Hocks Lb. 17 1/2c |

Snowflakes 2-Lb. Pkg. **31c**

Matches Ctn. **23c**

Peanut Butter Real Roast 2-Lb. Jar **34c**

Vienna Sausage Libby's No. 4 Tin **11c**

- Canned Soup**, Campbell's Vegetable cans 3/29c
- Tomato Juice**, Sunny Dawn No. 2 can 10c
- Tomato Juice**, Libby's No. 2 can 11c
- Cut Macaroni**, kraft bag 3 lbs. **23c**
- Kraft Cheese** 1/2 lb. pkgs. **20c**
- M. J. B. Rice**, white 2 lb. pkg. **25c**
- Nob Hill Coffee** 1 lb. pkg. **23c**
- Airway Coffee** 1 lb. pkg. **21c**
- Edwards Dependable Coffee**, Drip or Reg. 1 lb. can **28c**
- Flavorade Assorted Flavors** 1 oz. pkg. 3/10c
- Certo**, deal of three bottles 8-oz. bottles, 3 for **45c**
- Jars**, Kerr Mason, regular quart, doz. **83c**
- Kerr Mason Wide Mouth** quart, doz. **95c**



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