



CELEBRATE SPRINGTIME with Coffee-Almond Parfait... gay, luscious and decorative as a Spring dessert should always be. It is a harmony of perfectly blended tastes in the beige-to-brown scale, with coffee, ice cream, toasted almonds and a taste-tingling Butterscotch sauce, the whole laced with whipped cream. It's easy to make too. Put a huge bowl of daffodils on your table, use your prettiest coffee cups and serve proudly Coffee-Almond Parfait — 1 pint coffee ice cream, 1/2 cup toasted almonds, Butterscotch sauce, 1/2 cup heavy cream, whipped. Fill 4 parfait glasses with alternating layers of ice cream, almonds, sauce and whipped cream. To make Butterscotch sauce, use 1 cup brown sugar, firmly packed — 1/4 cup light cream, 2 tablespoons light corn syrup, 3 tablespoons butter and 1/2 teaspoon vanilla. Combine brown sugar, cream, corn syrup and butter in deep sauce pan. Bring to boil, stirring constantly. Boil without stirring 3 minutes. Remove from heat; add vanilla, cool. Makes 4 to 6 servings... be sure to use tall, cool parfait glasses and chill before taking to table.

Foot Troubles Hit All Ages

If you're making forty but feeling more like sixty, chances are all your feet are at the bottom of it all. Although foot troubles hit young as well as old, they tend to become more painful by the time those first strands of grey hair appear. In fact, the condition of your feet is a real measure of the difference between good and poor health, between an energetic and cheerful life — and a handicapped by miscellaneous aches and pains, as well as a nagging disposition.

Foot specialists say that most of the women over forty who limp on doctors' offices have been suffering about the house in run-down house slippers or an old pair of high-heeled pumps instead of wearing, low-heeled all-leather shoes that hug the heel and allow the foot to move.

So wonder these ladies suffer! Types give inadequate support to the metatarsal arch — and bring on aches, cramps and leg pains. As the high heels, they provide a too narrow a foundation, forcing your feet to wobble and making in strain and maybe an aching "puffy" ankle. Such shoes make your daily toils twice as long, and, because they give no real support, they put strain on the spinal cord, may well produce back aches and even headaches.

For women walking into middle age, high heels are fine if worn no longer than three to four hours a day. Foot specialists recommend the best all-around shoe a low-heeled, extra-type, with supple leather uppers to give the toes freedom of movement, and a flex-

ible leather sole that bends easily. Leather is important because its finely interwoven fibers permit cool air to pass in and out of the shoe. Leather being the nearest thing to human skin, it conforms naturally to the thousands of different positions the foot assumes in the course of walking.

The broad heel — no more than 1 1/2 inches high — is important, too. Your circulation isn't what it was when you were sweet sixteen, and your ankles may have a tendency to swell. That's why you need the firmest possible foundation for your day-to-day activity.

The marriage of modern shoe-craft and up-to-date foot care means that most foot suffering is unnecessary today. Shoes can be both smart and sensible; they can feel wonderful on your feet and

still look fashionable. So why not exercise a little extra care in your choice of shoes from now on? You'll find that you'll banish a lot of those "middle-age" aches and pains.

"BUSINESSMEN"

FOR
MIMEOGRAPHING
AND MAILING SERVICE
STENOGRAPHIC
AND
TELEPHONE
Answering Service
CHASE & LAWLER
Secretarial Agency
Phone 9297

MANY THANKS

TO MY OLD FRIENDS and CUSTOMERS

As I have disposed of my insurance business to M. L. Johnson, 434 Main Street, I would like to take this opportunity to express my appreciation for the many years of our business associations.

I will have my office at the M. L. Johnson Agency, 434 Main Street, Phones 5113, 5114, 7119, for the present time.

I can assure you that your insurance interests will be properly handled by M. L. Johnson.

D. N. CLEMENS

FOR YOUR PET'S SAKE... AND YOUR POCKETBOOK'S

take sixty seconds to check these facts about pet feeding

1. PETS NEED MEAT PROTEINS
Proteins build tissue, and you can judge the quality of any canned pet food by the protein content shown on its label. Premium-quality Bonnie, like all the quality brands, guarantees 10% protein, and your pet should have no less. Premium-quality Bonnie also contains soy beans, cracked barley, fresh carrots, and wheat bran. Supplies all known nutritional needs.

2. PROTECT YOUR PET... AND YOUR POCKETBOOK. There are a number of top-quality, 10% brands on your grocer's shelf, but Bonnie's the one high-protein product that's not high-priced. Check the labels. Compare prices. You'll find premium-quality Bonnie saves you real money. It's made in the west, with freight savings passed on to you. Try Bonnie today.



The premium quality pet food that saves you money

MONEY-BACK OFFER
Buy two cans. Let your pet judge. If Fido votes "no" send labels to California Pet Foods Co., 204 Broadway, Sacramento, and get DOUBLE YOUR MONEY BACK. We're that sure your pet will like Bonnie.

*Full 10% protein. For your pet's sake, and your pocketbook's, compare protein ratings, then compare prices.

Tributes To Mothers Began On Mt. Olympus

Mom may not know it, but the gods and Mother's Day Greeting cards that she'll receive on Sunday, May 10, are final links in a chain of tradition and sentiment which was forged under the shadows of legendary Mt. Olympus.

For in their annual Springtime festival honoring Rhea, the "Mother of the Gods," the ancient Greeks were actually holding the first Mother's Day ceremony of any kind.

Centuries later the early Christians dedicated the fourth Sunday before Easter to the Mother of Jesus. Pilgrims visited Mary's shrine, and brought flowers in her name to the church altar where they'd been baptized. Living mothers were remembered with gifts, too, making this Midlent Sunday the first step toward Mother's Day as we know it.

Tributes to motherhood, of course, have taken many forms. Shau Jehan of India built the Taj Mahal, the world's most beautiful building, as a monument to his favorite wife for the sons she gave him. During the Renaissance, the Child inspired scores of famous paintings by Raphael, Botticelli and other classical artists.

Here in the United States, there is a beautiful larch tree on the White House lawn dedicated to the mothers of our presidents. Another has been planted near the Capitol Building as a tribute to all American mothers.

Mother's Day in America, however, was established only after several unsuccessful attempts. Back in Civil War days, Julia Ward Howe, composer of "Battle Hymn of the Republic," proposed

that Independence Day be recognized as Mother's Day, thus making it a day of peace.

Mrs. Howe's suggestion never caught on. But a "Mother's Friendship Day" did originate in West Virginia, and for several years it helped to reunite the families of Union and Confederate soldiers.

The Mother's Day that we celebrate each year began at Henderson, Kentucky, in 1887. For it was there that Mary Towles Sasseen, a school teacher, invited the mothers of her pupils to attend a special musical program in their honor.

Miss Sasseen made this popular ceremony an annual event, and devoted her life to establishing Mother's Day programs in other nearby schools and states. She died in 1906, just two years before Anna Jarvis of Philadelphia organized a similar and more successful campaign.

Miss Jarvis was a fluent, logical and convincing woman. Her

countless lectures and letters were rewarded in 1914, when President Wilson signed a Congressional Resolution setting aside the second Sunday in May as Mother's Day.

As the nation's first official tribute to motherhood, all federal buildings were ordered to display the American flag. Rep. Heflin of Alabama, co-author of the Mother's Day resolution, later said: "The flag was never used in a more beautiful and sacred cause

than when flying above that tender, gentle Army, the mothers of America."

In the 39 years since then, Mother's Day has become our most sentimental holiday. Unlike the Greek or old, we think of every mother as a goddess.

HOTELS
OSBURN * HOLLAND
EUGENE, ORE. MEDFORD
Thoroughly Modern
Mr. and Mrs. J. E. Earley
and Joe Earley
Proprietors

Used Records
SOUTHERN OREGON
MUSIC COMPANY
1330 Klamath Ave.

Hotel
DRAKE WILTSHIRE
In the heart of downtown Eugene
OVERLOOKING
UNION SQUARE
with bath
from \$5.00
single
341 STOCKTON ST.

CHEVROLET OWNERS!

Have your motor checked & analyzed
FREE of CHARGE
During Month of May

Drive in and allow us to test the compression, test spark plugs, and check engine performance at no obligation to you. Remember that sticky valves, low compression, dirty spark plugs and defective ignition cause excessive gas consumption. Increased gas mileage often refunds the cost of an engine tune-up in as little as 5000 miles.

ASHLEY CHEVROLET

410 So. 6th

Phone 4113

A Sure
way to please
the Man who is
hard to please
and likes fine whiskey



Say Seagram's
and be Sure

Seagram's 7 Crown. Blended Whiskey. 86.8 Proof. 65% Grain Neutral Spirits. Seagram-Distillers Corp., N.Y.

THE NEW Sun Glory Salad

made with
Kraft
Cottage
Cheese

It blends
the flavors for
a perfect salad...

Kraft
Cottage Cheese



Try it

for your next luncheon party.
It's so good, so pretty, so easy!

1 Pick up canned sliced pineapple and other ingredients from your grocer's "Sun Glory Salad" display and Kraft Cottage Cheese from the refrigerator.

2 Make sure it is Kraft Cottage Cheese you use. For Kraft is made in plants especially designed for cottage cheese, and is made from specially-purchased milk to produce a clean, balanced taste that harmonizes perfectly with the good flavor of other choice salad ingredients.

3 Chill the Kraft Cottage Cheese in the carton 30 minutes or longer. Run knife around the edge of the cheese and invert carton over bed of salad greens. Tap bottom of carton sharply and cheese will fall in smooth cup shape. Cut pineapple slices in half and place around the edge of cottage cheese, press in lightly. Garnish with maraschino cherry. Then serve with Miracle Whip Salad Dressing for perfect eating.