

# 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 Stadium.

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 their 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 cook-

ing mustard greens will improve the flavor of the dish. Heavy shipments of outdoor dandelions are arriving from

### 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.

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

# 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

are allowed to go off into the air in steam.

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.

<b>MILK FED VEAL</b>	<b>YOUNG GRAIN FED PORK</b>	<b>BEEF</b>
Veal Roasts . lb. 19c	Pork Steak . lb. 19c	Beef Roasts 19c
Veal Shoulder	Pork Loin Roasts . . . . lb. 21c	Blade Cuts . . . . . Lb.
Steak . . . . . lb. 22c	Pure Pork Sausage . . 2 lbs 29c	Ground Round Steak . . . . lb. 25c
Veal Chops . lb. 29c	Link Sausage lb. 19c	Sirloin Steak . . . . lb. 28c
		Ground Beef . . . . 2 lbs. 29c

**GARDEN-FRESH VEGETABLES**

**Strawberries**  
Fancy Large Berries . . . . . BOX 10c

**Lettuce** Firm, crisp heads . . . . Lb. 5 1/2c

**New Potatoes** . . . . . 10 lbs. 19c  
No. 1 White Shatters

**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** 3 53c  
"Wesson Creamed" Lbs.

**Crystal White** 5 bars 14c  
LAUNDRY SOAP

**Su-Purb Soap** 50-cs. box 29c  
Makes Wash Days Lighter 24-oz. pkg. 15c

**JELLY BEANS** A Fresh Candy Everyone Likes 1-lb. cello. bags 2 for 25c

**HERSHEY BARS** 50 BARS 5 for 15c  
LARGE BARS 2 for 25c

**CANDY** Marshmallows, all 50 bars . . . . . 25c  
Hershey's, Bitter-sweet Chocolate, 5 oz. bars . . . . . 25c  
Hershey's Milk Chocolate, 7 oz. 2 for . . . . . 25c

**SOUP** Chicken Noodle Hormel, 16-oz. cans . . . . 3 for 25c

**PRUNES** Diamond A. No. 2 1/2 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 **13c**

Cherub Milk, tall tins . . . . 4 for 30c	<b>BEANS</b> Idaho Red . . . . . 5 lb. 25c
Grapefruit Juice, Town House, unsweetened, No. 2 . . . . 2 for 15c	<b>PEAS</b> Sugar Belle Fancy, No. 2 tins . . . . . 2 for 25c
Tomato Juice, Sunny Down, No. 2 tins . . . . . 2 for 15c	<b>FLOUR</b> Kitchen Craft "Enriched" . . . . 49 sk. 1.49
Pineapple Juice, Stokely . . . . . 46-oz. tin 25c	Shredded Ralston . . . . 12-oz. pkg. 12c
Canterbury OP Tea . . . . . 1/2-lb. pkg. 25c	Spaghetti, Franco American, already prepared, No. 300 tins . . . . . 3 for 25c
Ovaltine . . . . . 6-oz. can 34c	Porter's Macaroni, Spaghetti, Ribonet, 1 lb. 9 oz. . . . . pkg. 23c
Instant Postum . . . . . 4-oz. can 23c	Rice, River brand, brown rice . . . . . 2-lb. pkg. 13c
Tomato Soup, Campbell's, 10-oz. tins . . . . . 3 for 20c	Schillings Red Color . . . 1-oz. bot. 15c
Heinz Tomato Ketchup, 14-oz. bottles . . . . . 16c	May Day Salad Oil . . . . . qt. 35c
Mayonnaise, Nu Made . . . . 32-oz. jar 37c	Red Salmon, Del Monte or Libby, No. 1 . . . . . tin 25c
Salad Dressing, Duchess . . . 32-oz. jar 24c	Dog Food, Pard, No. 1 tins . . . . 3 for 25c
Syrup, Sleepy Hollow . . . . 26-oz. con 25c	Friskies, Dog Food . . . . 2-lb. pkg 23c
Pancake Flour, Harvest Blossom . . . . . 9-lb. bag 39c	Drano . . . . . 12-oz. can 19c
Aunt Jemima Pancake Flour . . . 1-gal. pkg. 23c	Purex . . . . . 1/2-gal. 21c
	Economy Caps, Kerr . . . 2 pkgs. 35c

**EDWARDS COFFEE** 3-lb. bag 37c  
**AIRWAY COFFEE** 3-lb. bag 13c

<b>Silk Tissue</b> Soft and Absorbent 3 Rolls 10c
<b>Grapefruit Juice</b> Town House 48-oz. Tin 15c
<b>Tomato Juice</b> Sunny Dawn 48-oz. Tin 15c
<b>Raisins</b> Thompson Seedless 4 Lb. Bag 21c
<b>MILK</b> Cherub Small Tins 3 for 10c
<b>Rolled Oats</b> Alber's Quick or Regular 9 Lb. Bag 33c
<b>TUNA</b> Fish Blitmore Fancy White Meat 1/4's 2 Tins 29c
<b>CORN</b> County Kist No. 303 4 Tins 30c
<b>PEAS</b> Gardenside No. 303's 4 Tins 30c
<b>CRACKERS</b> New Leader Soda 1 Lb. Box 14c
<b>Snowflake Sodas</b> 1 Lb. Box 27c
<b>Corn Flakes</b> Alber's 8-oz. Pkg. 2 9c
<b>Graham Crackers</b> Honey Maid Caddy 1 Lb. 29c
<b>Deviled Meat</b> Cudahy's 1/4's 4 for 10c

Prices Effective Friday Through Monday

**HEINZ MERCHANDISE**

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