



Mrs. Harry Culbertson and sons, Harry, Edgar and Douglas, visited Mrs. Culbertson's parents, Mr. and Mrs. L. L. Crawford, at Manning over the weekend.

Ruth Holaday spent the week end at the home of her sister, Mrs. M. D. Cole. Miss Holaday, who was seriously ill this winter, has returned to her school near St. Helens.

Mrs. Henry Fogel was called to Forest Grove early Wednesday morning by the serious illness of her father.

Herman Veal made a business trip to Portland Thursday.

Mrs. Lester Sheeley and children are recovering from the grippe.

A good attendance was present at the regular meeting of Vernonia Temple, Pythian Sisters, Wednesday evening.

The Willing Workers met in an all day special meeting at the Christian church Wednesday for quilting. A pot luck dinner was served at noon. They also quilted Thursday afternoon.

Owen Seaman of Independence visited at the home of Mr. and Mrs. A. L. Kullander over the weekend, and renewed his friendship with Hollis Libby, under whom he had worked in the highway department several years ago.

Mr. and Mrs. Al Blair, Miss Zetta Hildebrand and Harry Clark of Portland spent the weekend at the home of Mr. and Mrs. D. G. Ryves.

Mrs. Lottie E. Dewey, who has been visiting her daughter, Mrs. Fred Veith, returned to Vancouver, Wash., Friday for a few days to attend some business matters.

Mrs. John Miller has been quite ill with the grippe but is feeling somewhat better at present.

Mrs. Wilbur Davis is convalescing from a recent illness. Mr. Davis's sister from Sherwood is here staying with her.

Mrs. Marvin R. Eby and daughters, Lois and Edith, left Sunday for Vancouver, B. C., to visit with her mother and other relatives.

Mrs. H. V. Holcomb, Mrs. Judd Greenman and her mother, Mrs. John Hale, drove to Forest Grove Thursday to visit Robert Holcomb and Hale Greenman, who are students at Pacific university.

Rainbow Girls will hold an initiation ceremony in the lodge halls Monday evening, February 29. A full attendance is requested by Mrs. A. J. Hughes, mother adviser.

JOY THEATRE
SMART MONEY, with Edw. G. Robinson and James Cagney, Friday and Saturday, Feb. 26, 27. Also the Vanishing Legion.

CHEATERS AT PLAY, with Thos. Meighan, Charlie Greenman and James Kirkwood, Sunday and Monday, Feb. 28, 29. (Adv.)

How To Buy Food At Low Cost

In these times of reduced incomes, money must be spent wisely for food or else the body will suffer. To buy wisely requires a knowledge of which foods are important for nutrition and which, due to excessive cost, can be reduced or eliminated.

A good general rule is to build the dietry around bread and milk, supplementing it by inexpensive fruits and vegetables. Some of the vegetables should be green or leafy, such as cabbage, lettuce, or spinach.

As a guide to judicious food purchasing, the following suggestions are given:

1. Do not cut down on the use of milk beyond one pint daily for each adult and one quart daily for each child.
2. Serve eggs not less than three times a week.
3. Give fruits and vegetables every day. Tomatoes, either canned or fresh are a good substitute for expensive fruit.
4. Buy fruits and vegetables in season and, whenever possible, in large quantities. Store them in

dry, cool places.

5. Use occasionally some chopped raw cabbage combined with grated raw carrots. These are valuable foods because they are rich in mineral salts and certain vitamins.

6. Buy whole wheat bread and cereals because they contain more nutriment than the white, refined or processed cereals.

7. Buy low-priced substantial foods such as rice, hominy grits, potatoes, rolled oats (oatmeal) rather than those foods of which the cost per pound is high.

8. Buy the inexpensive cuts of meat. They can be made into good, tasty dishes and are just as nutritious as the costly cuts.

Economic distress and lack of knowledge often lead to malnutrition, which may result in damage to the health in later life. It is important at this time to keep these facts in mind, especially in connection with the feeding of children.

Baltimore Health News

HOUSEHOLD HINTS

BOSTON BAKED BEANS

Mrs. A. Dowling
1 qt. beans (any kind you prefer.)
1 lb bacon
1 large onion
3 tablespoons sugar
2 tablespoons molasses
small can tomato sauce
2 teaspoons salt
1 teaspoon prepared mustard
Soak beans overnight. In morning drain, put more water on and put on stove and par boil until bean skins crack open, as one blows on them. Have bean pot ready. Put half of the bacon on bottom of pot. Skin beans out and fill bean pot. Put remaining bacon on top. Bury the onion in beans. Add sugar, salt, mustard molasses, sauce and cover with water.
Put in oven and bake 8 to 10 hours, keeping them filled with water, and covered until the last hour, then remove cover and brown.

MOCHA LAYER CAKE

Mrs. J. W. Neurer
¾ cup butter
2 cups sugar
¾ cup milk
1 teaspoon vanilla
2½ cups flour
¼ teaspoon salt
3 teaspoons baking powder
6 egg whites
Beat butter and sugar to a cream, add milk and vanilla. Then flour, baking powder and salt sifted. Lastly folding in very gently the stiffly beaten egg whites, bake in layer cake pans.

MOCHA FILLING & FROSTING

Mrs. J. W. Neurer
6 tablespoons butter
2 cups confectionery sugar
4 tablespoons dry cocoa
3 tablespoons liquid coffee
2 teaspoon vanilla
Cream butter and 1 cup sugar. Then add cocoa, beat well. Put in coffee and remaining sugar, and last vanilla, spread between and on top of layers.

Call For County Warrants

Funds are now available to pay the following registered warrants:

- General Fund warrants registered prior to and including Oct. 13, 1931.
 - Road Dist. No. 1 warrants registered prior to and including Feb. 19, 1932.
 - Road Dist. No. 5 warrants registered prior to and including Jan. 9, 1932.
 - Road Dist. No. 10 warrants registered prior to and including June 6, 1931.
 - Interest ceases Feb. 26, 1932.
- GLADYS PETERSON,
Treasurer,
Columbia County, Oregon.
- Eagle classifieds will pay you.

Relief Corps Celebrates Day

The bicentennial of Washington's birthday was celebrated by a program at the meeting of the John Bucher Relief corps No. 49 at the I. O. O. F. hall Thursday noon, Feb. 18. A pot-luck dinner was served to members and invited guests, numbering 43.

The tables were beautifully decorated in red, white and blue, and potted plants. The place cards were of flags and hatchets.

The corps was honored by the presence of two Civil war widows, Mrs. Sarah A. Spencer and Mrs. Emma Weed, and by one son of a veteran, F. Claude Stephens.

The patriotic program consisted of a number by the high school orchestra, grace by Rev. G. W. Plumer, patriotic reading by Irene Spencer, patriotic talk by Mr. Stephens, patriotic reading by Leta Garner and a whistling solo by Helen Lamoreaux.

At 2 p. m. the regular meeting was held with Mrs. Dorcas Bays, the president, in the chair.

Queen of Hearts Club At Mrs. Brickel's

Mrs. Ben Brickel entertained the Queen of Hearts Bridge club Thursday afternoon, Feb. 18, at her home on Bridge street.

Mrs. Henry Fogel held high score and Mrs. Forrest Harding second. A dainty luncheon was served following play.

Other members present were Mrs. Frank Hartwick, Mrs. Frank Hartwick, Mrs. Lowell Hieber, Mrs. George Van Vleet and Miss Macile Roberts. Mrs. Marcus Gregory and Mrs. Charlie Wall were guests.

Lodge Gives Card Party

A very successful card party was given by Mountain Heart Rebekah lodge last Friday evening, February 19, in the I. O. O. F. hall.

Prizes for high scores in bridge were won by H. E. McGraw and Mrs. Ira Tucker, while Charles Richardson and Mrs. J. H. Bush had low scores. In five

Two Expense Accounts of English Statesmen

There is a tradition that elections in the "bad old days" were fantastically expensive. But many candidates may think enviously of the days when a candidate could do the thing as cheaply as Mr. Harrington, of Kelston, member for Bath in the year 1640, writes a columnist in the Manchester (England) Guardian. There exists a record of his experiences and expenditure, "Thursday, December 31, went to Bath.—Dined at the George Inn, with the mayor and four citizens; spent at dinner six shillings (about \$1.50) in wine.
Laid out in victuals at the George Inn 11-4
Laid out in drinking 7-2
Laid out in tobacco and drinking-vessels 4-4
January 1.—My father gave me four pounds (about \$20) for my expenses at Bath."
He did not actually need so much, for there is a summary. "Note—1 gave the city messenger two shillings for bearing the mayor's letter to me. Laid out in all, three pounds seven shillings for victuals, drink, and horse hire, together with divers gifts."
That expenses in the county of Somerset rose considerably as time went on may be judged from that record of "charges for one day's expenses at a small pot-house at Ilchester in the contest for the county of Somerset in 1813." Seven hundred and ninety-two dinners, 353 bottles of rum and gin, 57 bottles of French brandy, and 514 gallons of beer were given at a total of £304 17s 2d.

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New low prices—French curls \$3.50, long hair \$4.50.

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hundred Lee Rogers and Georgia Van Doren had high scores and Mike Andrews and Mrs. L. Weeb received consolation awards.

Refreshments were served by Mrs. Mae Mellinger and Mrs. Beulah Baslington. Mrs. Grace Miner, Mrs. Viola Trehanne and Mrs. Irene Spencer composed the table committee.

The last party in the series of three will be announced in the near future. At that time grand prizes for the series will be presented.

Miss DeRock and C. Lindsay Honored

NATAL—(Special.)— Mr. and Mrs. William Bridgers and Mr. and Mrs. Bob Lindsay gave a party Wednesday evening at the Bridgers' home in honor of Irene DeRock and Clarence Lindsay, both having birthdays in one week.

The table was adorned with two beautiful birthday cakes. Refreshments of coffee, cocoa, cakes and sandwiches were served.

About 60 invited guests were there. The evening was pleasantly spent in dancing and cards.

Music was furnished by the Berg boys, Charlie Sundland and Wilbur Milton.

Choir Compliments Mrs. Yeo

Complimenting Mrs. Ernest E. Yeo, who left this week for her new home in Oregon City, the choir of the Evangelical church entertained with an informal par-

ty at the home of Mrs. Judd Greenman Saturday evening.

Dominoes, rook and other games were played at tables, after which the winners joined in a treasure hunt. The "treasure," a beautiful dish, was then presented to Mrs. Yeo.

Refreshments were served during the evening.

Besides the choir the party included husbands and wives of members, Mr. and Mrs. A. J. Hughes, Mr. and Mrs. Fred Spring and Mr. and Mrs. E. H. Condit.

RECALL IS ESSENTIAL

We, the undersigned committee representing the business men of Vernonia, advocate a recall of the city council because we believe the slate should be wiped clean in order to attain harmony and efficiency in our city administration. We regard this as impossible to achieve as long as the present city council remains in office, for the following reasons:

- 1—The council have flatly refused to pay any heed to the wishes of the business men and conservative citizens of the community but have been constantly attentive to the opinions of street corner politicians.
- 2—Members of the council have accepted, and even participated in innuendoes regarding the honesty, integrity and efficiency of employes of the city, when the charges upon investigation have been proved wholly without foundation.
- 3—They have exhibited gross ignorance of the ordinances and charter of the city, and of the elements of parliamentary practice.
- 4—They have taken no steps to correct deficiencies in the city ordinances and city charter when called to their attention.
- 5—They ignore the fact that the city is rapidly drawing to a financial crisis when the tax burden will be very heavily increased unless certain remedial measures which they have avoided are taken.
- 6—Members of the city council have themselves been delinquent in the payment of taxes of various kinds, thereby setting a poor example.
- 7—They have made no provision for a city attorney despite the urgent necessity of one, and the fact that the hiring of one is mandatory according to the budget approved by popular vote early this month.
- 8—Through the passing of certain ordinances and acts, the council have opened up ways by which the city may be sued.
- 9—Certain sums of money have been paid out by order of the council without proper investigation into the amounts charged.
- 10—Members of the council and their backers have repeatedly stated that regardless whether the recall results favorably or unfavorably to them they would place in office men who would continue their policies.
- 11—They have been dominated by men with certain selfish interests to serve and have allowed their own personal desires to be paramount to the welfare of the community.
- 12—They have declined to adopt a conciliatory policy in their controversy with the mayor, even when the mayor and the recorder went so far as to offer their resignations.

Therefore we recommend the removal of the present city council to be replaced in an open and free election by a body of men who will adopt a sound, constructive and harmonious policy for the good of the whole community.

BUSINESS MEN'S COMMITTEE

A. L. Kullander, K. A. McNeill, J. E. Kerr, W. J. Armitage, T. M. Crawford, W. H. Hurley, R. M. Aldrich, J. A. Miller, H. E. McGraw, Emil Messing, J. H. Bush, C. W. Reithner, J. C. Lincoln, Ed. Salomonsen, Lester Sheeley, Lloyd Baker.

(Paid Advertisement.)

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