

DAIRY INDUSTRY IN IDAHO GROWS

Big Boom Due in Gem State, Belief Expressed by State Director

BOISE, Idaho, Apr. 14. (Special)—Idaho's dairy industry is due for a big boom this year, in the opinion of George S. Tucker, state director of dairymen, who bases his belief on reports of production through the state during January as compared with the figures for a year ago, and on the new plans for manufacture of dairy products recently built.

Production figures in most lines show a substantial increase of approximately 10 per cent, said the director, the only falling off being in the production of cheese. He attributes this decrease to the fact that butterfat is so high priced, and butter so much more profitable than cheese, that the latter plants are finding it difficult to purchase whole milk.

January Figures
For the state production figures in pounds in January were:

	1927	1926
Butterfat	1,720,981	1,569,817
Butter	1,579,885	1,391,889
Ice cream	8,697	8,687
Cheese	550,528	601,722
Cond. milk	429,222	416,417

The cream, reported in millions by wholesalers, was:

As evidence of the increased interest in dairymen, Mr. Tucker cited the decision to build condensaries in Buhl and Burley; the powdered milk factory which is promised for Boise in the near future; and the powdered milk factory which has just got under way in Nampa.

Boise valley, the director's figures show, produces slightly more than a quarter of the state's entire output of dairy products, and the figures for this territory, embracing Ada and Canyon counties, also show the 10 per cent gain in butterfat and butter, with a falling off in cheese. The entire state output of condensed milk at present comes from the valley.

Increased Output
The increased output in the Boise valley is laid particularly by most observers to better care and feeding and more scientific methods on the part of the producers, rather than to any great increase in the number of cows.

Production for Boise valley during January, as compared with January a year ago, is as follows:

	1927	1926
Butterfat	437,126	414,292
Butter	450,493	485,309
Ice cream	3,887	3,657
Cheese	72,552	74,114

The Garden

TEST FOR LIME BEFORE USING
The practice of giving the lawn a heavy dressing of lime each spring has become quite widespread in many communities. One neighbor finds and has fine lawn. Other neighbors follow suit until the whole community has the lime habit. Very often it does more harm than good. It is very beneficial when the soil needs lime. If it does not need lime it is a waste of material, and on light soils, unless well compensated by heavy fertilizing, it is a positive detriment at times.

Test the soil for lime before applying it. In a majority of cases it will be found that the soil is alkaline, in other words, that it needs no lime. What it needs is manure, pulverized sheep manure, shredded cow manure, wood ashes, acid phosphate or other commercial fertilizer and not lime.

Nearly all the first-class seed houses now handle simple and inexpensive little devices to test the soil for acidity and alkalinity. (Tip to late farmers use them constantly.) Apply one of these tests to the soil before depositing a coat of lime. Lime is in itself not a fertilizer. It does, however, make the food available that is locked up in the soil by changing a sour soil to a sweet soil and when the soil is acid or neutral lime is needed. However, it should not be limed heavily every year. Every two or three years is sufficient and when it is limed in the spring it should be given fertilizer two or three weeks afterwards and again in the fall. The lime stimulates the taking up of plant food from the soil by the grass and more available plant food should be furnished.

Nitrate of soda is a quick fertilizer that makes lawn growth. Wood ashes furnish potash and lime. If a little lime is needed this is a good way to apply it while furnishing additional fertilizing. Acid phosphate furnishes another important food element for plants. See what the soil needs before piling it with lime. You can't go wrong in giving it sheep or cow manure. Bone meal is useful but a very slow acting fertilizer.

If the soil of the lawn is naturally acid and covered each year with oak leaves and pine needles which contribute to acidity, ask your woodman for grass seed for such a condition. He will have it.

ACADEMIC GOWNS POPULAR
LONDON—Professors who look for their gowns and hoods for the approaching commencement season may find that their daughters have purchased the garments.

The academic hoods have become very popular with the chic young debutantes of Mayfair and are worn draped over the back just as the professors wear them. Jokers insist that it is the nearest approach the wearers will ever make to real learning.

ALASKAN ICE \$4 A TON
FAIRBANKS, Alaska—Even in Alaska ice has been given away. It sells here for \$2.50 for half a ton, or \$4 a ton in amounts of more than 2,000 pounds.

OUT OUR WAY



Whig Contemporary Thought Lincoln Ordinary But Honest

SPRINGFIELD, Ill., Apr. 14. (AP)—To a whig contemporary Abraham Lincoln was not a great man, but a commonplace individual whose outstanding trait was honesty.

At Springfield, Ill., Browning, senator from Illinois during Lincoln's presidency and later a cabinet member, has left a diary covering the years from 1859 to 1861, soon to be published by the Illinois Historical society.

Browning and Lincoln were contemporary leaders in Illinois whig politics. Browning succeeded Douglas as senator and was secretary of the interior under Andrew Johnson. He thought Lincoln less capable than Charles Sumner, his secretary of state, and scarcely surer than Andrew Johnson, his successor.

The Whig chronicler, kept until his death in 1881, throws light on Lincoln. While holding Lincoln's friendship dear, Browning differed with him on slavery, and believed its "abstract injustice" too little reason for its abolition.

He favored Judge Edwin Bates of Missouri, independent Whig, for the presidential nomination given to Lincoln in 1860, and made no secret of his views to Lincoln.

"Feb. 7, 1860: At night Lincoln came to my room and we had a long talk about the presidency. He thinks we may be right in supporting Mr. Bates to be the best man we can run."

After Lincoln's nomination Browning supported him reservedly.

"I believed before the convention and believe now that he (Judge Bates) could have carried the entire republican party, and the old whig party besides, and I think where are beginning to suspect the same thing, and that we have made a mistake in selection of candidates."

At Washington, Browning was in the president's confidence until their gradual diverging views parted them. Then came the Emancipation Proclamation and Browning sought to dissuade Lincoln from making it final, but "The president was fatally bent upon his course, saying that if he should refuse to issue it there would be a rebellion in the north and that a dictator would be placed

Liberals Lose Munition Supply

WASHINGTON, Apr. 14. (AP)—The entire munition supply of the Mexican liberal army has been captured by the forces of President Diaz, the Nicaraguan legation here declared. It had been informed in cable advices.

General Moncada, the liberal military commander, has escaped over the mountains to Rio Negro on the Atlantic coast, the reports said, being accompanied by only eight of his followers.

The legation's statement also said that Moncada's army had disbanded and its general headquarters at Matiguan had been captured.

Two little attention is paid, however, to the amount of food eaten. Too much attention is paid to the appetite as the measure of food consumption in people whose lives are sedentary.

If one has daily vigorous exercise, it is safe to follow one's appetite farther than if one does little muscular exertion. Or, to put it differently, if you are sitting indoors all day or even moving about all day, while you may be "feeling hungry" in a sense, you would better choose your diet from foods which supply bulk with the minimum food value, that is, vegetables and fruits, instead of selecting too much concentrated

Oakland G. A. R. Veteran and Wife Regain Health

Aged Couple, Suffering Acutely from Rheumatism, Neuritis and Indigestion, Find Quick and Permanent Relief in Tanlac and Praise It Highly

"From the day I was fortunate enough to line up with Tanlac," says Mr. Langhans, ex-cavalryman and retired customs official, "it has kept my health and strength up to highest standard."

Sitting in his comfortable home at 2219 107th Avenue, Oakland, Calif., Mr. Langhans told how Tanlac had rebuilt strength and vigor for himself and his charming wife. "Tanlac worked wonders for my wife," he said. "She suffered from high blood pressure, neuritis and general run-down condition. Tanlac relieved her."

"I had sciatic rheumatism—suffered for five years with it—so that I could sleep but little, on account of the pain. Kidney trouble, indigestion and loss of appetite had reduced my strength to a low ebb."

"Since taking Tanlac my health, as well as that of my wife, has been remarkable. Though I am retired, I could resume my old work any time. No rheumatism—nor kidney trouble—in past two years. I never miss an opportunity to praise Tanlac."

Old and young, from coast to coast unite in praising this famous remedy of nature. Made of roots, herbs and herbs, according to the exclusive Tanlac formula, it is an amazing tonic medicine. All good druggists sell Tanlac. Get a bottle today! Over 40 million bottles sold.



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By Williams Grain Exports In Wheat, Oats For Week Large

WASHINGTON, Apr. 14. (AP)—Grain exports last week for the United States were 2,547,000 bushels, as compared with 2,167,000 bushels the previous week. Commerce department figures gave the following comparison between last week's exports and those of the week before:

Wheat	1,798,000 bushels against 1,175,000 bushels
Oats	115,000 bushels against 252,000 bushels
Corn	76,000 bushels against 28,000 bushels
Barley	577,000 bushels against 349,000 bushels
Flour	54,000 bushels against 52,000 bushels

Canadian grain exports last week through United States ports amounted to 2,428,000 bushels against 2,122,000 bushels the previous week while last week's exports of North American wheat flour were 282,000 barrels against 181,000 barrels the week before.

HEALTH

OVEREATING CONCENTRATED FOODS SHORTENS LIFE
By Mills Streetman, M. D., New York City

Member George Memorial Inst. People are becoming food conscious. It is not unusual to meet a person who knows what protein, fat, and carbohydrates are, or even one who is able to estimate his diet in calories. There are even people who give a thought to their vitamin intake who are not cranks or faddists.

Too little attention is paid, however, to the amount of food eaten. Too much attention is paid to the appetite as the measure of food consumption in people whose lives are sedentary.

If one has daily vigorous exercise, it is safe to follow one's appetite farther than if one does little muscular exertion. Or, to put it differently, if you are sitting indoors all day or even moving about all day, while you may be "feeling hungry" in a sense, you would better choose your diet from foods which supply bulk with the minimum food value, that is, vegetables and fruits, instead of selecting too much concentrated

carbohydrates and fats, such as bread, pudding, pastry, olive oil, and butter.

Two conditions are increasing rapidly in the United States which are shortening lives in an alarming manner. One is diabetes, the other overweight. There are about two million diabetics in the United States and this number is being increased by two per cent of itself yearly. The life insurance companies find that for every ten pounds of overweight there is a definite shortening of length of life.

The per capita consumption of sugar in 1910 was less than 80 pounds a year. In 1924 it was almost 124 pounds. In fourteen years it has nearly doubled. There has been little or no increase in the per capita consumption of meat, tea, or coffee. It seems reasonable that the increase in sugar consumption may be a direct cause

of the increase in diabetes. So get out and exercise. Limit the amount of food you eat to your actual requirement. Get a book which explains the different classes of food stuffs, learn what calories are and how many you need at your weight.

Find out, by consulting our physician, exactly how many calories of carbohydrate you need a day; how many of fat. Have him teach you what to eat to keep well. It is worth more than what to do when ill. Know how much of your daily food requirement is to be found in an ice cream soda or a half pound of salted peanuts.

Keep your weight below danger zone of fatty degeneration of the heart or other organs. Don't load your blood up with sugar until your

pancreas gives up and stops working in despair. Don't let your appetite trick you out of a substantial part of your life.

LYING A SCIENCE?

LONDON—"Lying in these days has become a science! In politics it has become a fine art." In the opinion of Sir Herbert Kild, as expressed in the House of Commons.

STUDENTS PLAN CRUISE

CAMBRIDGE, Eng.—A number of Oxford and Cambridge students will embark next summer on an 11,000 mile cruise, including a 2,000 mile trip up the Amazon River.



Try This Unusual Recipe—
Upside Down Cake

1/2 cup Pancrust	2 eggs
2 cups flour	1/2 cup milk
2 teaspoons baking powder	1 teaspoon vanilla
1 teaspoon salt	1 tablespoon pineapple juice
1 cup sugar (white)	1 cup walnut meats

brown sugar
diced pineapple
whipped cream

Cream Pancrust, add white sugar gradually and beat. Stir in the beaten egg yolks. Mix and sift flour, salt and baking powder twice, and add alternately with milk to Pancrust mixture. Add vanilla and pineapple juice; beat well. Fold in beaten egg whites. Grease cake pan with Pancrust and put in a 1/4-inch layer of brown sugar. Add walnut meats, broken in medium size pieces. Arrange sliced pineapple on top. Pour cake batter over fruit and bake in medium oven for about 45 minutes. Turn upside down on a large round dish and serve with whipped cream.

Use Pancrust for all cooking.
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