

Over The Valley

Mabel E. Morton, Valley News Editor

(Continued from Page Seven)

valley regret very much the death of Mrs. Osborne which occurred early in the week at Lewiston. Mrs. Osborne, who was along in years had been a sufferer from heart trouble for considerable time and the attack of flu which she contracted, was too much for the already weakened organ. The body was brought to this valley for interment.

Feeding Steer—C. L. Caldwell is fattening a carload of steers on his Catherine creek ranch, getting them ready for an early market.

Have Cold—Mr. and Mrs. Ira Kennedy, living on Cove avenue are both sick with severe colds.

New Year's Day Dinner—Mr. and Mrs. W. O. Sherwood, Mr. and Mrs. Vernon Sherwood and little daughter, Phyllis, Mr. and Mrs. Charles Tani and Miss Velma Kennedy had dinner with the R. A. Mesterton family on Cove avenue New Year's day. In the evening

Cecil Sherwood and Miss Veda Price joined the group and very pleasant hours were passed in playing cards and visiting.

Day on Flat—Mr. and Mrs. Monty Witty and children of the Cove, Mr. and Mrs. Mantus Witty and children of Wallowa, Mr. and Mrs. Reah Witty and daughter, Mr. and Mrs. Leah Witty and daughter spent Christmas day at the home of Mr. and Mrs. Q. V. Witty on Cricket Flat.

Return From Vacation—Mr. and Mrs. Don Stewart of Timber returned early in the week from Seattle and Ft. Lewis, Wash., where they spent the vacation period at the home of their parents. Mr. and Mrs. Stewart were guests of friends in La Grande on Tuesday.

Cows Make Record—Mention has been made several times in Over The Valley of the splendid herd of registered Jerseys which W. O. Christensen has on his ranch near North Powder. A few weeks ago using one of our stories and the cut of Mr. Chris-

tensen and two of his prize winners at the Eastern Oregon Livestock show, the North Powder News gives another chapter, additional progress made by Mr. Christensen in his plan. Says the News: "Since the above was put into type, Mr. Christensen informs us that the Jerseys at Shadlane farm have been on an official test, sponsored by the American Jersey club through the state agricultural college, and that they are making a satisfactory showing. He had just received the first report from the club which gives the cows under test, credit for the following milk and butterfat records up to Oct. 1.

Pride Mowat, 3 years, 153 days in milk, 4928 lbs. milk, 268.33 lbs. fat.
Lady Potts, 3 years, 76 days in milk, 2832 lbs. milk, 142.95 lbs. fat.
Pet St. Maves, 1.4 years, 180 days in milk, 3387 lbs. milk, 214.79 lbs. fat.
Cherry St. Maves, 4 years, 167 days in milk, 4557 lbs. milk, 252.53 lbs. fat.
Belle Mowat, 5 years, 77 days in milk, 2211 lbs. milk, 113.50 lbs. fat.

Hold Meeting—The regular monthly meeting of the board of directors of the Eastern Oregon Dairyman association was held at the Union high school Tuesday evening. Those attending were Jas. Kofford, H. J. Nelson, H. S. Cumstock and Col. T. B. Johnson.

Go to La Grande—Mrs. Maud Johnson of Pleasant Grove has moved into La Grande for the remainder of the school year. Her daughter, Sylvia is attending high school and her son Frank has entered the grade schools. Mr. and Mrs. Orson Lake will run the Johnson farm.

A SEASONABLE RECIPE

Baked Apples With Soft Custard
Six large apples.
One cup brown sugar.
One tablespoon flour.
One tablespoon butter.
One-fourth teaspoon cinnamon.
Blend sugar, flour, butter and cinnamon and fill cavities in the apples and bake until just done when a marshmallow or two may be placed on each apple and the pan put back in the oven to brown lightly.
Serve with a boiled or soft custard made by scalding one quart milk in a double boiler. Beat four eggs slightly, add one-fourth teaspoon salt and one-half cup sugar. Gradually add the hot milk to this mixture, stirring constantly. Return to the double boiler and stir until thickens. Good served either hot or cold.

Station Busy With Feeding Experiments

At this time of the year the feed yards at the Eastern Oregon experiment station at Union are filled with cattle, sheep and hogs. Specially prepared rations are being fed to the various groups in order to determine their relative value and adaptability to the livestock industry under Eastern Oregon conditions.

Stock cattle are being wintered on various amounts of hay and straw supplemented in some cases with limited quantities of grain and cottonseed cake, a by-product from vegetable oil refineries which is relatively high in protein. These rations are planned to determine satisfactory winter feeds that may profitably be used in years when there is a shortage of hay. Under normal conditions alfalfa hay constitutes the chief factor in practically all livestock feeding operations. This may be fed just as it is taken from the field, or it may be run through a feed cutter and chopped fine or even ground into meal. Stockmen generally favor chopped hay due largely to the relative convenience in handling and also due to the fact that the livestock eat practically all without any waste when fed in this form.

Of course the process of shopping or grinding is somewhat expensive and therefore increases materially the cost of the hay, which is naturally an important factor to be considered in all feeding operations. The experiment station has already accumulated considerable data along this line and is likewise strengthening these results by continued tests this year. Present investigations cover the feeding of these different rations to cattle, sheep and hogs. The beef cattle, include short yearlings and two year olds fed grain with alfalfa hay either long, chopped or ground. The sheep lots include a flock of Hampshire ewes; some being fed on coarse alfalfa and fine alfalfa treated similar to that for cattle. Others receive in addition to the alfalfa supplementary feeds such as seeds, cottonseed cake and molasses. There are also three lots of ewe lambs that are receiving long, chopped or ground alfalfa hay in connection with their grain ration. Even brood sows are carried through the winter months very satisfactorily on rations consisting largely of these different alfalfa combinations with small amount of grain.

From the records resulting from these tests the merits of these different rations are determined and disseminated among the stockmen.

GEORGIA CITY'S RAILWAY PAYS SURPRISE PROFIT
LAKELAND, Ga. (AP)—The Lakeland railway, owned by the city, turned in a surprise profit this year.
It runs between Lakeland and Naylor, the outgrowth of an old abandoned train logway bought as scrap in 1927 by the city.
The town council created a commission to run it and expected at least a \$2,000 loss. Instead there was a profit of \$1,251.
A firm of Kansas City undertakers offers to bury all policemen free. You might cut this out and hand it to the cop who gave you a parking ticket the other day.

SOURCE OF MANY ILLS
Colon and Rectal conditions cause a great percentage of the world's suffering.
Constipation, Colitis, Hemorrhoids and other evidences of Rectal and Colon disorders may be looked to as the cause of most nervous diseases, rheumatism, stomach troubles, sciatica, neuritis, etc. Only such direct, specialized treatment as the Dean Clinic affords can bring permanent relief. Our FREE booklet explains our famous non-surgical method of treatment and remarkable GUARANTY.
DR. CHAS. J. DEAN, CLINIC
DEAN BLDG. OFFICE COURT HOUSE FIFTH & MAIN, PORTLAND, OREGON TELEPHONE ATWATER 2651 AFFILIATED OFFICES SEATTLE, SAN FRANCISCO LOS ANGELES

Conditions In Wallowa Co. Are Pictured

Logging, feeding, water conditions, all come in for their place in the discussion of Wallowa county conditions in this week. Outside of the logging industry, things seem to be more encouraging in that section. Local logging operations are reported to be quite slack at this time. With the lumber trade being somewhat duller than in some of the past seasons not as many are engaged in logging this winter. Several contractors were busy on some of the smaller jobs during the fall months while conditions were excellent for cutting and hauling of the logs to the mill pond, but during the past few weeks some of these jobs have been finished and this time.

W. C. Gettings and son who have a contract in the Bear creek district have a good bunch of logs cut in camp at the present time and are being hauled up on getting the logs out because of the poor condition of the roads and ground near the camp for hauling the logs. Their camp being located some distance from Bear creek, they have also had much difficulty in securing sufficient water for camp use, during the past few weeks they have dug three wells but none of them have supplied very much water.

The water question remains quite troublesome to many of the farmers in the dry farming areas. While many had felt that with the large amount of moisture in form of rain and snow which has fallen during the past month would surely result in some improvement in the water supply, it appears that it has had but little effect on the wells and springs yet. Some are still compelled to haul water for home-use and for watering some stock which cannot be driven to places where water is.

The weather here during the past week has been exceptionally mild for this season of the year, with but little freezing at nights. The ground is covered in most parts of this county with a light blanket of snow, the sunshine melts some of this each day resulting in the surface of the ground being quite slick and muddy during the warm part of the day. Cars are still being used on most of the roads yet.

Feeding of livestock is being done at the most of the farms at this time. Those who are lucky enough to have bunchgrass which was not pastured off closely during the summer and fall are getting along with but very little feeding yet. L. W. Minor who has a large tract of grazing land leased from Mrs. Margaret McDonald has not had to feed his band of sheep any additional feed up to this time, the greater part of the land lies facing the south and the small amount of snow which has fallen has soon melted away allowing the sheep to have excellent pasture.

MENUS

By Sister Mary
During the hunting season nearly every woman is confronted with the task of cooking some sort of game.
Rabbits and squirrels are common game foods and can be cooked in many ways. Fricassee, stew, pie and roast all are popular.
Game birds usually are roasted and always are rare. However, care should be taken that they are not too rare, for few people enjoy them if under-done. A tart jelly or sauce, particularly acceptable with wild duck or grouse. The flavor of both these birds is very strong. If this is not liked, they may be stuffed with sliced apple or onion. This stuffing is not eaten.
Venison, properly cooked, is one of the most delicious of the wild meats. It is easily digested and particularly excellent food for the convalescent.
Newly killed deer is quite tough, though it has a sweet flavor. If allowed to hang from one to two weeks before cutting into joints and steaks, it "ripens" and becomes more tender.
Roast Loaf a Delicacy
The saddle or loin is considered the choicest cut and plenty of fat is an indication of good quality. This usually is roasted and should be cooked rare. The haunch often is roasted. Steak is cooked like beef steak, broiled, pan-broiled or fried. Steak should be cut about half an inch thick and also cooked rare.
Any cut of venison is improved if allowed to stand in a marinade of oil and vinegar for several hours or over-night.
Currant jelly is traditional with venison. It is often used for basting a roast and is added to a delicious sauce to serve with steak. After a roast of venison has been in a hot oven for half an hour, the heat should be reduced and the time calculated from this point. Allow about 20 minutes to the pound. Thus a four-pound roast would need 1 hour and 20 minutes for roasting.
Either a saddle or haunch of venison should be larded or rubbed with melted butter before putting in the oven.
Currant Jelly Sauce
Four tablespoons butter, 4 tablespoons currant jelly, 2 tablespoons minced parsley, 1/2 teaspoon salt, 1-3/4 teaspoon pepper.
Rub bowl in which sauce is to be mixed with a slice of onion. Work butter to a cream and add jelly, parsley, salt and pepper. Work with a fork until perfectly blended and spread over hot broiled steak, arranged on a hot platter. Put into a hot oven for a minute and serve at once.

California Oil Well Is Sunk 9280 Feet

SIGNAL HILL, Cal. (AP)—Man may never drill a hole entirely through the earth, but the Shell Oil company is making a good start with an oil well.

The well is No. 11, on the very crest of Signal Hill. It descends 9280 feet.

Shell officials say that deepening of the well was more or less of an experiment to determine how far down oil may be discovered.

Drilling has been suspended temporarily, for the condition of the oil industry is such. Shell officials hold that it is inadvisable to make any new discoveries which might result in increased production.

Some day No. 11 will be deepened.
Drillers of the well found their greatest difficulty in shutting off water, which seriously interfered with the work, rather than the older percussion system.

So far the company has spent \$200,000 deepening the hole. Deep holes do not go vertically, but zig zag on their downward course. The shaft of this well has never been surveyed, so the officials do not know just how much the hole does wander from the straight and narrow.

All the drilling has been done with rotary tools, rather than the older percussion system.

Noise Bad for Business
Noise is the plague of city life, but it is more than that. Science finds that it has a deleterious effect on health and efficiency. This is bad for business and business has arisen to put a stop to it. A good many industries realize this and have begun to do something about it. Engineers have known for a long time noise can be stopped.—Nation's Business.

Old-Time Cabin Floor
A pinecheen floor is a floor made of logs sawed in half, with the convex sides down and flat sides up.

Uses for Poppy Seed

Ancient Greece used poppy seed for season bread. Persians sprinkled the seed over their rice, and in India it is still used as a food and a sweetener. In France the seed is used in making a bland oil, often substituted for olive oil. Many nations use poppy seed to season breads and pastries. It is also used for a bird seed.

He Needs Exercise
Though related to the zilla monster, the chuck walla is not poisonous. Most of his food comes from the creosote bush, says Nature Magazine. He clammers up in these bushes and feeds on the leaves, shoots and buds, always happily indolent and slow. Though he adapts himself to captivity, he does not live long there. Perhaps too much food without exercise kills him. He is considered a delicacy among some Indian tribes.

Perhaps it's just as well most of us are born in this country, and don't have to take a citizenship examination.

Ordinarily people consult a physician only when they are sick and cannot work. It is much better to employ a physician to keep you in good condition than to wait until sickness incapacitates you. Most people are not far-seeing in regard to themselves. It is desirable to know a great deal about health, but knowledge alone will have no effect on health. It is the right kind of action that counts. Good health requires a regularity of action. You must form good health habits and practice them every day.

When good health habits are properly formed they tend to become unconscious. The way we stand, the way we walk, the way we breathe, the way we eat, the way we exercise gets to be a matter of habit. The person who is well trained in health does not find it necessary to be thinking all the time about his health. There is more to be gained from good health than from anything else in the world.

Health Talks

GOOD HEALTH FOR THE NEW YEAR.
By Dr. Frederick Stricker
Health is essential to the enjoyment of life. To promote health should be the constant aim of every good citizen. It is not so much a question, now, of desirability of health but of means by which everyone can secure better health.

There is no sharp dividing line between the well and the ill. Most people consider themselves well if they are not ill in bed. The really well population is not large, probably not over ten per cent. The really sick population is undoubtedly over ten per cent. Between the two we have about eighty per cent of the population which is neither well nor sick. They may be troubled by numerous discomforts due to a faulty working of the

body. Thousands of examinations have shown that disturbances of nutrition and physical defects are extremely common.
Many individuals are quite unnecessarily below a fair standard of health. Health is not merely absence of disease. Much can be said in regard to the care of the body without reference to disease. On the other hand, diseases often are not discovered because they cause no discomfort and are entirely unknown to the individual. To discover the unsuspected defects, periodic health examinations should be made on all persons, beginning in infancy and continuing throughout life. Good health demands that physical life be given due consideration. One should not only have energy enough to keep out of a sick bed but a reserve to take care of his work with vigor and enthusiasm. No matter how well one may observe the rules of health the handicaps of a defect like decayed teeth, diseased tonsils, poor sight, or defective hearing will often seriously interfere with one's work and happiness.

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Tomorrow

CHEVROLET

makes a

Sensational

Announcement

SATURDAY

Jan 4TH

SAFEWAY STORES

DISTRIBUTION WITHOUT WASTE



That, this year, I will save with SAFETY at SAFEWAY STORES.
Signed: Mrs. Housewife

Coffee Maximum, Hills Red, or M. J. B. all high grade Coffee. Lb. 48c	Syrup Pure cane sugar and Vermont Maple. A real flavor. 5-LB. CAN 89c	Shortening Swifts Jewell or Snowcap, both highly recommended. 3 LBS. 49c
Flour Oregon Beauty Brand The flour market looks firm, and without a question there will be a change in price. Buy your supply now. 49-LB. BAG \$1.69	Hams Carsten's sugar cured Eastern Ham. They have that real ham flavor. Try Baked Ham for Sunday dinner. Half or whole. Lb. 28c	Peanut Butter School Boy or Hoody's a smooth grained peanut butter. 2-LB. CAN 49c

Salmon Red Alaska Sockeye No. 1 tall tins, a real value. Can 29c	Corn Maximum fancy golden sweet. The peak of quality. 3 CANS 55c	Cocoa Pure Luck Cocon. Excellent for a drink or cooking purposes. 2 LBS. 25c
Spinach Contains many vital food elements. No. 2 1/2 can. 2 CANS 29c	Cocoanut Sweetened short shreds, improves desserts Lb. 28c	Ripe Olives Olives are not an expensive luxury and they are appetizing. No. 1 tin. 2 CANS 29c
Crackers Freshly baked, plain or salted. 3-lb. caddy. Each 39c	Citrus A real favorite, saves work and really cleans Lge. Pkg. 25c	Grapefruit Large size fancy fruit at a reasonable price. 2 FOR 25c
Oranges Navel, sweet and full of juice. 2 DOZ. 65c	Potatoes A very good grade and especially fine cookers (shopping bag) 25 LBS. 73c	