

OVER THE VALLEY

Phone: Mornings, Main 600

Mabel E. Morton, Valley News Editor

Residence 1000J

Oregon Homes Are Well Planned

The farm home, and ways of enhancing its comfort and beauty, is the subject of the newest bulletin issued by the Oregon State college experiment station. It is a practical guide to farm home improvement suited to the use of any family familiar with nothing but its own labor and ingenuity to invest in such work, to one able to take advantage of present low prices of building materials to carry through a complete remodeling or rebuilding project.

Thousands of Oregon farm homes are already examples of well planned beautification, according to the author, F. A. Cuthbert, landscape architect and horticulturist of Tualatin, Ore., and the Misses Amanda Zabel and Mabel Morton were guests Sunday at the Bertch home and also at Camp Yew Bow up Mill Creek canyon.

In La Grande, into the La Grande, drove into the valley Sunday afternoon at the home of her mother, Mrs. C. D. Huffman, on Cove avenue and also attended the declamatory contest at the Normal school in the evening.

Re-elect Teachers.
The members of the present teaching staff at the Island City school have been given their contracts for next year. It is reported that those who have been re-elected by the board are Bennie Hicks, principal, and the Misses Michelson, Smutz and Hansen.

Ill.
Mrs. Tom Wallsinger, of the Valeria district, who has been ill of rheumatism at her home is some better this week. Her many friends will be glad to know.

To Entertain.
Mr. and Mrs. Ray Blokland and baby daughter, Marjorie Anne, and Mr. and Mrs. William Perry and daughter, Joan, of Island City, drove to Enterprise Sunday and were guests in the home of Mr. and Mrs. E. J. Blokland.

Entertains Club.
Mrs. Claude Woodell will entertain the members of the Priscilla club tomorrow afternoon at her home in the Lone Star neighborhood.

Have First Grandchild.
Mr. and Mrs. Frank Whitton, of Medical Springs, prominent residents of this county are quite jubilant over the advent of their first grandchild, recently born to their son and wife, Mr. and Mrs. Loren Whitton, of Baker. The latter have a new baby son to whom they have given the name, Duane Leonard.

In Valley.
Miss Bertha Wallsinger, of La Grande, drove into the valley Sunday and spent the day at the home of her brother, Tom Wallsinger and family.

Very Ill.
The condition of Richard Wade, lumberman of Mill Creek canyon, who is a patient in St. Elizabeth's hospital at Baker, has assumed a critical stage. Rather, the extreme seriousness of his condition has become known through recent examinations. Mrs. Wade is with him at the hospital.

Attend Contest.
Mr. and Mrs. Dillard Choate and daughters, Arlene and Rena, and Grover Hardy, of Pleasant Grove, Mrs. Miles Woodell, Mrs. Henry Price and daughter, Thelma Jean, of Dry Creek, were among the valley residents who attended the declamatory contest Saturday evening.

Moving.
The sale of the farm in the Elgin vicinity, where the Roy Fisher family has lived for the past two years, compels them to move in the very near future. They are moving to the farm on the Wallowa Lake highway known to older residents as the Reede place. As Mr. Fisher has been driving one of the Elgin school buses in the Highland and Cricket Flat communities, the move will make his work much easier since he will save the drive of several miles from their Indian Creek home.

The Culver family, who have been living on the Reede place in Cricket Flat, are leaving for Durkee where they plan to live in the future.

In Union.
Mrs. C. H. Bidwell, of Island City, was in Union from Thursday until Saturday visiting at the home of her sister-in-law, Mrs. Frank Bidwell.

From Baker.
Roy Jones, of Baker, was in the valley Sunday making a short visit at the homes of his relatives, members of Mrs. Jones' (Addie Hunter) family here.

Some Improved.
The condition of Mrs. Garrett Blokland, of near Island City who has been ill of typhoid fever for the last several weeks, was thought to be getting better this week. The fever has been reduced slightly and there were other encouraging symptoms.

To Eagle Valley.
John Waelly, of near Elgin, went to Eagle valley last week with a truck load of wheat. His sister, Mrs. Rose Evans and two little daughters, Betty and Elma, returned with him for a few days' visit. Mr. Waelly also brought back a load of Red Durham crows.

Entertains Guild.
Mrs. Christ Bertch and Mrs. Ralph Comstock entertained the Ladies Guild of Ascension Episcopal church Friday afternoon at the home of Mrs. Bertch in Mill Creek canyon. Five tables of bridge were at play during the afternoon with Mrs. Helen Conklin making high score and Miss Lola Martin, second. The hostesses served ice cream and cake at the close of the games.

Aid To Meet.
Mrs. Hunderford will be the hostess to the Island City aid society tomorrow afternoon at her home in Island City. The meeting is called for 2 o'clock.

To Portland.
Leslie Ditty and John Case, of Valeria, drove into Portland during the weekend taking a load of hogs to the Portland market.

HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

A Pat O' Butter
The story of butter is nearly as old as the history of mankind. Even 2000 years before Christ butter was churned in goat skin bags. One of the earliest tables tells of curdled milk carried in camel's backs and churned into butter by the constant motion. From this early discovery has come the modern butter churn.

Although the value of butter has long been realized, modern science has discovered the reason for its superiority as a food. Besides being an energy food and furnishing body fuel it is known to be an excellent source of vitamin A. This vitamin is necessary for the growth of children and in preserving sturdy bodies. It is necessary for normal reproduction, for a long and efficient life, and for the building of resistance to bodily infections, particularly those of the respiratory organs, such as colds, tuberculosis and sinus infections.

To gain the benefits of this protective vitamin it is necessary to have a reserve supply in the body. Nutrition authorities recommend not less than two ounces, or four tablespoons, for each person, daily. This amount has been known to cure a dreaded eye disease caused by the lack of vitamin and prevalent in Denmark shortly after the war. If the use of butter is restricted in the diet, it is unlikely that this deficiency will be made up through other foods. Foods other than butter supplying vitamin A are eaten in too small quantities or are omitted entirely in some cases. These foods include chiefly vegetables of green and yellow color.

Vitamin D, known more commonly as the sunshine vitamin and necessary for strong bones and teeth is found in butter in important amounts.

Besides these health giving properties of butter, nature has given it a distinctive and appetizing flavor, found in none of the other food fats. For this reason people enjoy eating butter. Added to any dish it improves the flavor, making it more tasty and palatable. This in turn invites more favorable conditions for digestion.

Butter may be served in a number of attractive ways. Various interesting shapes can be made by using butter paddles. Creamed and mixed with orange and lemon juice, chopped spinach, olives, pimientos, it makes delicious and colorful sandwich spreads.

MUTTON A DELICIOUS DISH WHEN CAREFULLY SELECTED AND IF PROPERLY PREPARED

Although mutton is very popular in England, comparatively few American families use it. Lamb is steadily gaining in favor, but is usually high in price and not practical for every day family meals. Consequently, many home-makers limit their meats to beef, veal and pork and overlook a chance for a pleasant change.

Carefully prepared and cooked, mutton is a truly delicious dish, stronger flavored than lamb but tender and fine grained in texture. Since it is not expensive and is nourishing, it is excellent for family meals. The fat gives the rather strong flavor so many people dislike, so careful and thorough trimming is essential.

This cuts of mutton are the same as of lamb. The leg, the shoulder and the breast are all good for roasting or broiling. The chops are broiled, pan-fried or braised. The neck is excellent for making stews. The "shoulder" of mutton is the entire loin cut off before the animal is divided, and of course is a large piece of meat. This cut is prepared at market with some of the bones removed and the flank ends rolled and either sewed or firmly skewered, and tied in place. The kidneys are left clinging to the under side and are roasted with the saddle.

Mutton of good quality is fine grained and of bright pink color deepening to red with the fat white, hard and flaky. Mutton is sure to be good if the outside skin comes off easily. Be sure to remove any pink skin or the outside skin before cooking, because both these skins contribute to the strong flavor of mutton.

It should also be remembered that mutton absorbs odors more readily than most meats and should therefore be protected from them with special care.

Casserole of Mutton
One slice mutton cut 1 inch thick, 1 cup white turnip balls or cubes, 1 cup potato marbles, 1 cup carrot marbles, 1 cup tiny onions, 2 tablespoons flour, 2 tablespoons water, 2 cups boiling water or stock, 2 tablespoons salt, 1/2 teaspoon pepper, 1/2 teaspoon celery seed.

Choose a slice of mutton from the upper part of the leg. Trim and pan broil until half done or broil six minutes under a flame, first on one side and then on the other. Put into a hot, well greased casserole and add vegetables. Stir butter and flour together until perfectly blended. Add with seasoning to stock or water, and bring to the boiling point, stirring to make smooth. Pour over meat and vegetables in casserole, cover and cook in a moderate oven until vegetables are tender, about fifty minutes. Serve from casserole.

A SEASONABLE RECIPE

- Fruit Gems**
- 1/2 cup corn meal.
 - 1 cup wheat flour.
 - 3 teaspoons baking powder.
 - 6 tablespoons sugar.
 - 2 tablespoons melted butter.
 - 1 cup milk.
 - 1 teaspoon salt.
 - 1 cup raisins or currants.
 - 2 eggs.
 - 1 tablespoon flour reserved for flouring currants or raisins.
- Mix and sift the dry ingredients. Add the milk gradually, the eggs well beaten, melted butter and raisins which have been floured.
- Bake in a hot oven in buttered gem pans 25 minutes.
- This makes 12 cakes.
- There are 43 radio broadcasting stations in California.

TWENTY-FOURTH ANNUAL EASTERN OREGON LIVESTOCK SHOW

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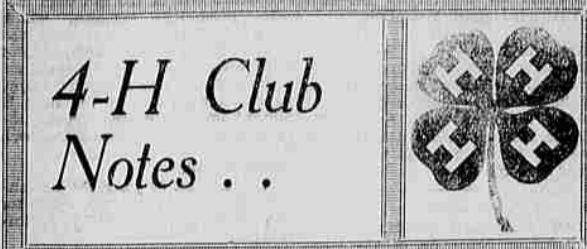
For Classification Books or other information, write to TONY D. SMITH, Secretary Eastern Oregon Livestock Show, Union, Oregon.

Cod Oil Necessity For Chicks

All chick rations should contain at least one per cent of biologically tested cod liver oil to prevent leg weakness, or rickets, says W. D. Buchanan, extension poultryman, Washington State college. Where biologically tested concentrates of cod liver oil are available, proportionately less need be included. If grain and mash are fed, cod liver oil should make up two per cent of the mash.

All poultrymen should insist on a guarantee that the cod liver oil they buy is biologically tested and potent as a source of vitamin D. The potency cannot be determined by examining the oil or by chemical tests. This can only be done by feeding it. If results of the feeding show the proper growth and development, the oil is considered biologically tested.

The use of cod liver oil to prevent leg weakness, or rickets in chicks received its first great impetus through work done at the University of Wisconsin by Halpin and others. It was thought at first that cod liver oil lost its vitamin D potency rapidly when exposed to air. Later research showed that the vitamin D content



Members of the Imbler Sheep club are making plans for a very important meeting to be held this Saturday evening with Miss Josephine Fisher at the home of her parents, Mr. and Mrs. Harry Fisher of Lower Cove. Josephine, by the way, is the only girl who holds membership in this particular club. The club members will listen to three talks given by Bob Huron, Farrell Skillings and Clayton Fox on the subjects "Pedding," "Housing," "Fitting for Showing." These boys have had much experience in the sheep club and are well qualified to discuss these particular subjects. At this affair the parents are to be guests also, and while the younger folks are busy with their club work, they will have a party of their own, it is stated. This same group met Tuesday of last week in a very interesting session. The organization for this year has not been completed and those already members are working to enlarge the membership list before the season's work progresses any farther.

Nine members are enrolled in the Wolf Creek Pig club which is already hard at work in club affairs for the present season. With J. A. Nice as the local leader, Paul Nice as president, Malcolm Nice, vice president and Virginia Nice as secretary, the club is well officered. Members are Audrey Gorham, Forrest and Quentin Bowman, Roland and Orval Gorham, Malcolm, Paul, Virginia and Glen Nice.

Members of the Beef and Calf club will meet Thursday evening at the home of Mr. Avery, 804 N. avenue. This group has not completed its organization for this year, as yet, but expects to have the work all completed shortly. Boys from the Island City and Imbler communities with a few others will be members of this club. Clyde McKenzie, and son, Glenn, and Dilata Choate, of Pleasant Grove, prominent livestock men, have been invited to attend also.

Members of the Island City Pig club, with their leader, Clifford Conrad, and county agricultural agent, Harry G. Avery, will go to Union Saturday afternoon where they will have some practice judging at the Eastern Oregon experiment station.

According to the recent Farm Bulletin, the list of 4-H livestock clubs to date is as follows:

Cove Dairy Calf club, Ernest H. Bell, leader.

Cove Holstein Calf club, Troy Beckler, leader.

Island City Pig club, Clifford Conrad, leader.

Imbler Sheep club, Frank McKennon, leader.

Union Beef Calf club, Wendell Green, leader.

Union Dairy Calf club, John Michelson, leader.

Union Pig club, Fred Peterson, leader.

Liberty Calf club, Vernon DeLong, leader.

Crocket Flat Pig club, Perry Witherpoon, leader.

Two more clubs are to be added to this list, Mr. Avery states, bringing the total number of livestock clubs up to 11. This is three more clubs than were organized last year. All indications are for a big 4-H club year in Union county this year.

The members of the North Powder 4-H Sewing club exhibited their handiwork Wednesday afternoon following the making of the Parent-Teacher association. Mrs. Earl O'Bryant, club leader, felt repaid for the time she has given to the supervision of the work when she saw the display.

Winners announced in the first division were: first, Veva Gorham; second, Shirley Parker and Norma Hanson tied; third, Betty Lillard and fourth, Irene Oliver.

Second year workers in the second division who were named winners were: first, Lolei and Dorothy Law tied; second, Shirley Moore; third, Yvonne McPhee and fourth, Peggy Pearson. The second division workers exhibited dresses.

Mrs. O'Bryant says that she is immensely proud of the showing the girls have made and that she was pleased with the quality of the work which they displayed. Although Mrs. O'Bryant will not be teaching in school next year, she says that she will go on with the 4-H Sewing club work because she is interested in children and enjoys helping them as is possible through the club work.—North Powder News.

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ON THE AIR

- Station KOAC Extension Service of the Oregon State College 550ke
- Thursday, April 28
- 7:00 a. m., Good Morning Meditations led by James E. Milligan.
 - 7:15, Setting up exercises, directed by John Kenny.
 - 7:30, Scanning the headlines.
 - 10:00, Home Economics Observer; 10:05, Tomorrow's meals; 10:18, Food facts and values; 10:33, How's and why's of housekeeping; 10:47, The magazine rack.
 - 11:00, The home garden: "Violas and Japanese Iris," Agnes A. Wheeler.
 - 11:30, Matinee.
 - 12:00 (noon) Farm Hour: 12:10, In the day's news; 12:20, "Rural Fire Protection," L. B. Davis; 12:25, market reports, crops and weather forecast.
 - 1:00 p. m., Around the campus.
 - 1:30, Organ program from Fox-Whiteside theatre.
 - 2:00, Homemaker hour: 2:05, "What Shall I Do for My Window Curtains?" Miss Anna Price.
 - 5:55 p. m., Market reports—second broadcast of wheat and livestock.
 - 8:00 p. m., Fox Whiteside theatre organ.
 - 8:30, Farm hour: 8:31, In the day's news; 8:45, Spot market reports and weather forecast; 8:50, Market review; 8:55, "Water Rights in Oregon," Arthur S. King.
 - 7:30, Business institute of the air: 7:31, "Inquiries, Orders and Responses"; 7:45, "Do You Know Which Way Your Business Is Heading?" Prof. E. E. Bosworth.
 - 8:00-9:30, Future Farmers of America—annual convention program.
- Saturday, April 29
- 7:00 a. m., Good morning meditations led by Rev. Fred R. Morrow.
 - 7:15, Scanning the headlines.
 - 12:00 (noon) Farm hour: 12:10, In the day's news; 12:25, Market reports, crops and weather forecast.
 - 1:00 p. m., Around the campus.
 - 1:50-2:00, Phonograph records.
 - 5:55 p. m., Market reports—second broadcast of wheat and livestock.
 - 8:00, Dinner music.
 - 8:15, Randé-Strittmatter orchestra.
 - 8:30, Farm hour: 8:31, In the day's news; 8:45, weather forecast; 8:50, Market review—wheat, wool, Portland livestock.
 - 7:00-7:30, Future Farmers of America—annual convention program.
- Friday, April 29
- 7:00 a. m., Good morning meditations led by Charles L. Crumley.
 - 7:15, setting up exercises, directed by John Kenny.
 - 7:30, Scanning the headlines.
 - 10:00, Home Economics Observer.