

OVER THE VALLEY

Mabel E. Morton, Valley News Editor

Residence 10092

Phone: Mornings, Main 600

Guests—Mr. and Mrs. C. H. Bidwell, of Island City, had a number of house guests at their home last week. Mrs. Bidwell's sister, Mrs. Lillie Foster, came in from Portland and after spending the week went on to Kansas City Saturday and will make a stay there. Mrs. Virginia Hulac and young son, David, are here from Sheridan, Ore. making a visit, and also Mrs. Fannie Bidwell, of Union, spent a few days at the Bidwell home.

Has Operation—Lucile Keenan, daughter of Mr. and Mrs. Charles Keenan, of West of Imbler, was operated in La Grande Sunday for an abscess on her leg. She is doing nicely and she and her mother were expecting to be able to return to her home the first of the week. It will be remembered that Lucile received injuries when struck by a tennis ball and has been in La Grande receiving treatments for the past two weeks and more.

In Spokane—Ed Jasper, of the Valeria district, has been in Spokane, Wash., the last few days looking after matters of business.

Move—Mr. and Mrs. Bennie Hicks, who have been living in the Kiddie house on Main street in Island City have gone to the valley to spend the summer. They are at the home of her mother, Mrs. Claire Hamilton near Island City.

From Portland—Mrs. Otto Eckersdy, beloved pioneer of the valley, now a resident of Portland, with her daughters, Nell and Harriet, have been here recently visiting among their friends and relatives at different parts of the valley.

Father Visits—Mr. McDonald came last week from his home at Salem and made a short visit at the home of his daughter, Mrs. Ed Jasper and family in the Valeria district. He left the last of the week accompanied by his grandchildren, Donald and Edna Jasper, for Payette, Ida., where he plans to make a longer visit. The Jasper children will remain there with relatives for about a week.

To Baker—Mrs. Frank Wade, of Mill creek canyon, went to Baker last Friday to see Mr. Wade who has been a patient in the hospital there for a good many weeks.

Family Reunion—The dates for the annual Hulse family reunion have not yet been determined. This event which usually covers two or three days is held at Shadown, the home of Mr. and Mrs. J. E. Hulse in the Iowa district, is quite an event. Dates are to be announced later.

Day With Mother—Mr. and Mrs. P. N. Fox drove over from Union to Imbler to spend Memorial day with her mother, Mrs. Burnett Wilson.

From Union—J. W. Wilde's sister and husband, Mr. and Mrs. Hal Gunn, drove in from Covalle, Utah, Sunday to spend the week with the Wilde family.

Attends Wedding—Mrs. Mary Blokland, of near Island City, went to Nyssa Saturday and was present on Sunday at the marriage of her daughter, Rev. Josie Blokland to Rev. Walter D. Bach, Methodist pastor of the Sawk and Montour churches in Western Idaho. The ceremony took place following the morning service in the church of which the bride is the pastor and shortly after they left for Baker for a short visit. They came on to La Grande Monday, visited briefly and proceeded to Pendleton. They both plan to return to their respective charges to complete the year's work. Mrs. Bach is very well known in this valley, and has hosts of friends who offer their most sincere congratulations and good wishes.

On Trip—Prof. and Mrs. Ralph Badgley and Prof. and Mrs. Elmo Stevenson went to La Grande Friday afternoon at the close of the school and spent the weekend exploring the South Fork country.

At The Lake—County Agricultural Agent H. G. Avery, Mrs. Avery, their daughters, Kath and Harriet Ann, and their guest, A. A. Amort, of Portland, drove to Wallowa Lake Sunday and had a wonderful day at the resort. Mr. and Mrs. Avery had wonderful luck in fishing and as a result Mr. Avery had a fishing basket of lovely trout, all of very good size, but one large one, which did not get away, was the object of special envy of all who saw it.

Postponed—On account of the stock show, the meeting of the Alico Ladies Aid society which would have come next week has been postponed for a week.

Move—Mr. and Mrs. Louie Phillips and Mary Jane have moved, the past week into the Kiddie house in Island City recently vacated by Mr. and Mrs. Bennie Hicks.

From Portland—Mrs. Gilbert Hunter, of Moss Chappell, has been spending a few days among her relatives and friends in the valley. Mrs. Hunter has been with her husband, who is in the Veterans hospital in Portland, and friends of the family are very glad that his condition is sufficiently improved to warrant her making this little trip home at this time.

Countrywomen's Club—The members of the Countrywomen's club were most pleasantly entertained Friday afternoon at the home of Mrs. Rebecca McAllister of near Island City. There was a splendid company of the club members present for the meeting and also a number of invited guests. This had been announced as a "hard times" party and the guests were asked to come in costume. The result was a very striking one and Mrs. J. B. Lindley received the prize for having the most appropriate outfit. Mrs. Ralph Wells and Mrs. O. C. Fleishman had charge of the entertainment for the afternoon and they arranged some interesting features. The lunch which the hostess served was also in strict accord with the remainder of the afternoon's program. Mrs. George Hughes was the assisting hostess.

To Emigrant Springs—The Misses Helen Moor, Amanda Zabel and Mabel Morton drove to Emigrant Springs Monday where they met a number of friends from near Pilot Rock and all spent a very happy day picnicking at the state park. In the afternoon they went to the cabin of friends and had a successful hunt for wild orchids and Morrell mushrooms. Those who came from the near side of the mountain were Mr. and Mrs. A. W. Rung, son, Raymond and daughter, Helen, Mr. and Mrs. K. G. Warner, son, Lawrence and daughter, Vivian.

Home and Gone Again—Mrs. Lillian Allen, who has been teaching the past year at King Hill, Idaho, her daughter, Iva June, and friend, Patsy McGuire, had a few days visit at Mrs. Allen's home up the Mill Creek canyon road, last week and then left for Colorado where they will spend several weeks with relatives.

Finger Amputated—J. J. Laughlin of Elgin has been making trips to La Grande having a hand dressed from which he had the little finger amputated the first of last week. Mr. Laughlin was the

Janitor of the Elgin school and had a leave of absence this past year because of trouble with his hand—some sort of bone infection. The hand (his left one) is reported to be healing nicely.

Return From Eugene—Mrs. Perle Waggoner, Mrs. Ava Woodall Paul and Mrs. Adra Behrens have returned to their homes in and near Summerville, from Eugene where they attended the state Rebekah assembly.

Many Twins—We understand that Karl Stackland, prominent fruit man of the Cove, reports many twin pairs in his pear orchard this season. Many twin cherries, both black and Royal Annes have also been reported.

Has Operation—Miss Esther Blokland, of near Island City, is making a splendid recovery from her recent operation for the removal of her appendix, performed at the Grande Ronde hospital. Miss Blokland returned home only a short time ago from Wolf creek where she has nursed the past two years. She has been very successful there according to reports which have come to our attention.

To Graduate—Russell McKennon, son of Mr. and Mrs. Frank McKennon of near Imbler, who completed his college work a few months ago and is now successfully holding down an assistant county agent's job, will be a member of the class to receive diplomas next week from the Oregon State college.

Move—Mr. and Mrs. Otis Buchanan and son, have moved from Imbler and are now living in La Grande. Mr. Buchanan has been "Observer Correspondent" in Alico. Mrs. Carl Puler, who was for several years news gatherer in that neighborhood is at the job again. We trust that all the residents of that section will let the little girl of their news-items, that Alico may be well represented among the other centers of the valley.

of age has been quite active and heretofore has enjoyed very good health.

A Successful Experiment—Two years ago the Imbler school board hit upon the plan of operating a school bus. After two years, an Imbler writer has the following to say of the success of the venture: Imbler High school successfully completed its second year of bus service with the close of the school year on Friday, May 20. Mileage in excess of 30,000 miles has been run during the year, according to Claude Kellum operator, without injury to any passengers. A long time during the deep snow it was necessary to route the bus to the Pleasant Grove district via Island City, which accounted for a greater year's mileage than would have otherwise been the case. Bus service for the next year will be an improvement on that of the present year, according to Principal King. A greater number of pupils are expected and an additional bus will probably be put on.

The Island City Library—Recently we announced that plans had been made to move the little Island City library to a room in the home of Mr. and Mrs. Hungerford. This change has been made and Mrs. Hungerford reports that all residents of the community are welcome to come in and read as they desire or take books from the shelves out to read. The library has had very good patronage. It is reported.

In La Grande—Mrs. George Ferguson, of North Portland, has been spending several days in La Grande receiving medical attention.

To State Meeting—Mr. and Mrs. F. Whitten, who will represent the Medical Springs grange at the meeting of the state grange to be held at Silverton, in two weeks, have gone to Portland where they will visit among relatives until the state meeting opens.

Sunday Visitors—Mr. and Mrs. Christ Bertach, of the Mill Creek canyon road, had for their guests Sunday, Mrs. Fred Dull and son, of Enterprise, and Mr. and Mrs. Louis Schmidt, of Trinidad, Colo.

Vegetables lend themselves in many ways to make up the protein. If cheese, milk, or eggs are added it not only enriches their flavor but makes a complete diet. Nuts of all kinds contain protein. Such nuts as almonds, and peanuts, where they are used in large quantities are important sources of protein. Peanuts especially because they cost so little and yield so much food value are used in the low cost diet.

Prices pork raisers are likely to receive for their spring pigs during the coming summer will be called for a lowering of production costs if any profit is to be made, says Hector McDonald, extension animal husbandman, Washington State college. Those who feed an unbalanced grain ration to their pigs in a dry lot will in all probability lose money. Although low prices are causing many hog producers to sell their breeding stock, those who stay in the business will be in the best position to take increased profits when prices advance because there is a home market for all pork produced and Washington prices are usually higher per 100 pounds than in the Midwest.

One of the first considerations in cutting production costs is to avoid stunting the growth of the young pigs. Next to developing severe infestations of intestinal round worms through lack of swine sanitation, the lack of sufficient quantity and quality of feed is one of the most leading causes of stunted pigs. Suckling porkers should be allowed to help themselves to grain in a small pen so planned so that the pigs can enter but the sows are kept out, commonly known as creep feeding. Pigs are sometimes stunted by being weaned too early. They should be allowed to nurse until they are at least eight weeks old and preferably 10 weeks.

Early market hogs can be produced most economically in areas where there is an abundance of alfalfa or other succulent pasture. Growing early farrowed pigs for the market in areas of this nature usually brings higher prices than those of late farrows. Where cheap feed does not become available until July or later, late farrowed pigs are produced most economically. This is true in areas where pens, stable floors, cull stables or other late feeds are used to fatten the pigs. Countless experiment stations have proven that hogs make the

most gain faster and more economically if fed a balanced grain ration containing the right proportion of protein and carbohydrates. One of the best protein supplements for spring pigs on pasture is skim milk. Sixty per cent digester tankage and fish meal are close seconds. Any Washington home grown grains provide a satisfactory feed for hogs on pasture if ground or rolled and mixed with tankage or fish meal or supplemented with skim milk. Tankage or fish meal should constitute about 5 per cent of the ration. If skim milk is used, it should be fed at the rate of a gallon or more per day to each 100 pound pig. When pens are being hogged off, it has been found profitable to give a light grain ration to the hogs each evening.

A mineral mixture consisting of 40 per cent steam bone meal, 40 per cent air slaked lime or ground limestone, and 20 per cent salt should be kept in front of the hogs at all times.

Throughout the district visited by Mrs. Rugg, it was found that the general economic conditions had contributed in considerable measure to the slowing of the program of the auxiliaries. The meetings, however, were a big help in reviving interest in the program and helping the auxiliary membership to arrive at the conclusion that these groups of women can be of very substantial assistance in expanding the program for lamb.

In the presence of Mrs. Rugg to meet with the district auxiliaries in the state and to organize new county auxiliaries during the next few months—East Oregonian.

ported very substantial lamb sale increases which they credited directly to the lamb advertising campaign, and it was generally believed that definite progress had been made in establishing in the minds of the consuming public the fact that Wednesday is "Lamb Day."

The Baker county unit of the state auxiliary has been one of the most active in the group visited by the state president. The Baker county women have been actively presenting the subject of lamb to butchers in the county, and there, too, it was evident that much progress had been made in establishing Wednesday as "Lamb Day."

In Union county it was arranged to get the work actively under way and to establish certain definite goals for the auxiliary to attempt to attain during this year. The secretary of the Union county group has arranged for a supply of lamb advertising literature to be used in carrying out part of the program.

Woolgrowers Auxiliary—Mr. George Rugg, president of the Oregon State Woolgrowers' association has recently visited the women's auxiliaries in Malheur, Baker and Union counties.

At Ontario, he went over plans for auxiliary activity, and as a result of the meeting, the group in Malheur county is planning new activities for the months ahead. That group re-

ported very substantial lamb sale increases which they credited directly to the lamb advertising campaign, and it was generally believed that definite progress had been made in establishing in the minds of the consuming public the fact that Wednesday is "Lamb Day."

The Baker county unit of the state auxiliary has been one of the most active in the group visited by the state president. The Baker county women have been actively presenting the subject of lamb to butchers in the county, and there, too, it was evident that much progress had been made in establishing Wednesday as "Lamb Day."

In Union county it was arranged to get the work actively under way and to establish certain definite goals for the auxiliary to attempt to attain during this year. The secretary of the Union county group has arranged for a supply of lamb advertising literature to be used in carrying out part of the program.

Throughout the district visited by Mrs. Rugg, it was found that the general economic conditions had contributed in considerable measure to the slowing of the program of the auxiliaries. The meetings, however, were a big help in reviving interest in the program and helping the auxiliary membership to arrive at the conclusion that these groups of women can be of very substantial assistance in expanding the program for lamb.

In the presence of Mrs. Rugg to meet with the district auxiliaries in the state and to organize new county auxiliaries during the next few months—East Oregonian.

ported very substantial lamb sale increases which they credited directly to the lamb advertising campaign, and it was generally believed that definite progress had been made in establishing in the minds of the consuming public the fact that Wednesday is "Lamb Day."

The Baker county unit of the state auxiliary has been one of the most active in the group visited by the state president. The Baker county women have been actively presenting the subject of lamb to butchers in the county, and there, too, it was evident that much progress had been made in establishing Wednesday as "Lamb Day."

In Union county it was arranged to get the work actively under way and to establish certain definite goals for the auxiliary to attempt to attain during this year. The secretary of the Union county group has arranged for a supply of lamb advertising literature to be used in carrying out part of the program.

Throughout the district visited by Mrs. Rugg, it was found that the general economic conditions had contributed in considerable measure to the slowing of the program of the auxiliaries. The meetings, however, were a big help in reviving interest in the program and helping the auxiliary membership to arrive at the conclusion that these groups of women can be of very substantial assistance in expanding the program for lamb.

Union Will Entertain State Cattle & Horse Association in 1933; Burns Meet Closes

The annual convention of the Cattle and Horse Growers' association held at Burns, Friday and Saturday was one of the best ever held, with the largest attendance in several years according to the Eastern Oregon experiment station at Union. Burns did itself proud in entertaining the visitors who gathered from many sections of the northwest and a most cordial hospitality prevailed throughout the convention. The city was gay with decorations and the business places were all dressed up for the occasion. About 600 attended. Buckaroo breakfast at six o'clock Saturday morning when an excellent meal of tender, juicy steaks, Dutch oven bread and coffee was served. In the evening the banquet given for the visitors was attended by 75 people.

All sessions of the convention were exceptionally well attended and at most of the meetings the auditorium was packed full. There were several able speakers and each had a firm purpose in addressing his audience. Among the outstanding talks was one given by Prof. E. L. Potter of O. S. C. who has made a study of the problems of co-operative marketing in the northwest. He gave an interesting report of the results of his study.

R. L. Clark, livestock commission man from North Portland, stated that the prices for fat cattle had been the same all spring as the markets in Chicago, Omaha, St. Paul and other cities. A committee of growers met with the commission men of Portland to see if they would reduce the commission charges, with the result that a reduction of \$1.50 per car was agreed upon. There was also a reduction in the commission on stock delivered by truck and drays. The saving to the growers through these reductions was estimated at about \$30,000 per year.

Dr. H. W. Lytle of Salem, state veterinarian, gave a talk on the treating of livestock diseases by home remedies.

O. M. Plummer, manager of the Pacific International, the grand old man, whose interest in good livestock has never waned, gave an urgent plan for better cattle. His talk was one of the high spots of the convention.

One of the most enthusiastic speakers was Herbert Chandler, of Baker, president of the Eastern Oregon Livestock Show association. He talks during the session and at the banquet Saturday evening were interspersed with appropriate bits of verse that brought rounds of applause and won him many new admirers.

W. B. Snyder of Paisley, Oregon, vice president of the Cattle and Horse Growers' association; A. E. Lawson, manager of the Spokane stockyards and W. A. Schoenfeld, dean of agriculture at O. S. C., each spoke during the convention.

W. A. Lounsbury, head of the freight and traffic division of the Union Pacific railroad brought out the importance of the railroads in the transportation of livestock and stated that the taxes paid by the railroads amounted to an important item in the support of the counties.

E. N. Kavanaugh, who has the supervision of the grazing areas in the national forests in the northwest stressed the advantage of good grazing lands. The policy of the forest service, he stated, is to continually improve the range and this cannot be done if it is overgrazed.

A. A. Smith, attorney from Baker, called attention to an important bill that is up for consideration regarding the blocking off of the government owned range into convenient sized pastures that can be rented at a nominal sum. He urged stockmen to support this bill, that is up before congress.

C. H. Henderson, of Klamath Falls, president of the southern branch of the Cattle and Horse Growers' association gave a report of about four

hours of classwork and field instruction each day except Sunday, varied so as to meet all interests and avoid monotony. Physical recreation is always a prominent feature of the sessions with indoor and outdoor sports carried out under expert supervision.

Assembly programs will again be important features of the club sessions with prominent officials and business men scheduled for each day, affording club members an opportunity to come in touch with people in important places of leadership.

ON THE AIR—Station KOAC Extension Service of the Oregon State College 350kc

Thursday, June 2
6:00 a. m. Musical eye openers.
6:45. Farm market reports.
7:00. Records.
7:30-8:00. Scanning the headlines.
10:00. Home economics observer.
11:00. Morning matinee.
11:30. Organ program from Fox Whiteside theatre.

12:00-1:00. Farm hour: 12:10. In the day's news; 12:20. Home Vegetable Garden; Prof. A. G. Bouquet; 12:35. Market reports, crops and weather forecast.
6:30 p. m. Fox Whiteside theatre organ.

7:00. Tuberculosis in relation to public health, by Elwood Dalton, Benton county winner in Early Diagnosis Tuberculosis Campaign.
7:10. Music of the masters.
7:00-8:00. Farm hour: 7:31. In the day's news; 7:45. Market reports, crops and weather forecast.

8:30 p. m. Fox Whiteside theatre organ.
7:50. Tuberculosis in relation to public health, by Elwood Dalton, Benton county winner in Early Diagnosis Tuberculosis Campaign.
7:10. Music of the masters.
7:00-8:00. Farm hour: 7:31. In the day's news; 7:45. Market reports, crops and weather forecast.

Friday, June 3
6:30 a. m. Musical eye openers.
6:45. Farm market reports.
7:00. Records.
7:30-8:00. Scanning the headlines.
10:00. Home economics observer.
11:00. Chat with the weatherman.
11:10. Morning matinee.

10:00-1:00. Farm hour: 12:10. In the day's news; 12:20. Home Vegetable Garden; Prof. A. G. Bouquet; 12:35. Market reports, crops and weather forecast.
6:30 p. m. Fox Whiteside theatre organ.

7:00. Tuberculosis in relation to public health, by Elwood Dalton, Benton county winner in Early Diagnosis Tuberculosis Campaign.
7:10. Music of the masters.
7:00-8:00. Farm hour: 7:31. In the day's news; 7:45. Market reports, crops and weather forecast.

8:30 p. m. Fox Whiteside theatre organ.
7:50. Tuberculosis in relation to public health, by Elwood Dalton, Benton county winner in Early Diagnosis Tuberculosis Campaign.
7:10. Music of the masters.
7:00-8:00. Farm hour: 7:31. In the day's news; 7:45. Market reports, crops and weather forecast.

Saturday, June 4
6:30 a. m. Musical eye openers.
6:45. Farm market reports.
7:00. Records.
7:30-8:00. Scanning the headlines.
12:00-1:00. Farm hour: 12:10. In the day's news; 12:35. Market reports, crops and weather forecast.
6:30 p. m. Rands-Strittwater orchestra.
6:45. Records.
7:00. Music of the masters.
7:30. Farm hour: 7:31. In the day's news; 7:45. Market reports, crops and weather forecast.
8:00-9:00. O. S. C. Alumni banquet.

With reservations for the annual 4-H club summer session already in from 33 of the 36 Oregon counties, a high attendance, approximating that of a year ago when 725 entered, is assured for the two-weeks period on the Oregon State college campus. The dates this year will be June 13 to 25 which is one week later than last year, overlapping the regular adult summer session by one week.

Estimates of attendance at first were somewhat under last year but later reports from the counties indicate that some are sending more than a year ago which will apparently balance the reduced delegations from other counties, according to H. G. Avery, state club leader, last year there were 725 actual club members present in addition to some 75 leaders who assisted in the school.

In line with the general lowered costs, particularly of food, the charge for board and room for the two-weeks period this year has been reduced from \$15 to \$13. The girls will reside in Walla Walla halls, as usual, and the boys will live in the men's dormitory.

The program calls for about four

Low Cost Diets Must Have Proteins

Protein is one of the element foods essential to human body and must be included in low cost diets even though it at times seems impossible in the food budget, says Miss Lorna Barber, extension nutritionist, Washington State college. Protein is found in milk, eggs, cheese, lean meat, fish, nuts, vegetables known as legumes (beans and peas) and in other foods in varying degrees and proportion. The baby receives its protein from milk and eggs and the adult from the lean meat, as a rule.

It is necessary that the body have an adequate supply of protein. The efficient protein contains some 17 or 18 amino acids which are essential in supplying the needs of the body. When a protein food contains in good proportion all of the amino acids necessary for growth and maintenance of the body tissues it is called a complete protein. Others are incomplete according to their composition. Variety in the diet is essential to supply all the proteins needed. Meat and fish are good proteins and eggs are examples of complete proteins.

Meat provides appetizing meals. To keep the food budget low, use less expensive cuts of meat as a cheap protein food for adults, at least several times a week. At present prices, some cuts of meat can be utilized at a very low cost and meat with a sufficient variety of cereals and vegetables will supply the adult with all the protein he needs.

Vegetables lend themselves in many ways to make up the protein. If cheese, milk, or eggs are added it not only enriches their flavor but makes a complete diet. Nuts of all kinds contain protein. Such nuts as almonds, and peanuts, where they are used in large quantities are important sources of protein. Peanuts especially because they cost so little and yield so much food value are used in the low cost diet.

Low Prices Will Call For Much Lower Costs

Prices pork raisers are likely to receive for their spring pigs during the coming summer will be called for a lowering of production costs if any profit is to be made, says Hector McDonald, extension animal husbandman, Washington State college. Those who feed an unbalanced grain ration to their pigs in a dry lot will in all probability lose money. Although low prices are causing many hog producers to sell their breeding stock, those who stay in the business will be in the best position to take increased profits when prices advance because there is a home market for all pork produced and Washington prices are usually higher per 100 pounds than in the Midwest.

One of the first considerations in cutting production costs is to avoid stunting the growth of the young pigs. Next to developing severe infestations of intestinal round worms through lack of swine sanitation, the lack of sufficient quantity and quality of feed is one of the most leading causes of stunted pigs. Suckling porkers should be allowed to help themselves to grain in a small pen so planned so that the pigs can enter but the sows are kept out, commonly known as creep feeding. Pigs are sometimes stunted by being weaned too early. They should be allowed to nurse until they are at least eight weeks old and preferably 10 weeks.

Early market hogs can be produced most economically in areas where there is an abundance of alfalfa or other succulent pasture. Growing early farrowed pigs for the market in areas of this nature usually brings higher prices than those of late farrows. Where cheap feed does not become available until July or later, late farrowed pigs are produced most economically. This is true in areas where pens, stable floors, cull stables or other late feeds are used to fatten the pigs. Countless experiment stations have proven that hogs make the

4-H Club Notes

Members of the 4-H livestock clubs of the valley have been very busy people the last week with a series of meetings for the purpose of securing more practice and instruction in judging. The boys and girls know that there is a livestock show coming next week in Union and they are working hard and long to be ready not only for the exhibitions but also for the several judging contests. The latest big judging meeting was held yesterday at the R. S. Comstock home up the Mill creek canyon, when all the dairy club clubs of that locality met with county agricultural agent, Harry G. Avery, leading in the instruction. It is reported to have been a very profitable afternoon. Not the least interested spectator at the meeting was Kathryn Avery, who accompanied her father to Cove.

With reservations for the annual 4-H club summer session already in from 33 of the 36 Oregon counties, a high attendance, approximating that of a year ago when 725 entered, is assured for the two-weeks period on the Oregon State college campus. The dates this year will be June 13 to 25 which is one week later than last year, overlapping the regular adult summer session by one week.

Estimates of attendance at first were somewhat under last year but later reports from the counties indicate that some are sending more than a year ago which will apparently balance the reduced delegations from other counties, according to H. G. Avery, state club leader, last year there were 725 actual club members present in addition to some 75 leaders who assisted in the school.

In line with the general lowered costs, particularly of food, the charge for board and room for the two-weeks period this year has been reduced from \$15 to \$13. The girls will reside in Walla Walla halls, as usual, and the boys will live in the men's dormitory.

The program calls for about four

Hi-Ways to Health by ADA R-MAYNE OREGON DAIRY COUNCIL

ECONOMY DIET REQUIRES MILK
Reducing food costs without sacrificing either the palatability or the nutritive value of the diet is a question of interest to all housewives. Many families spend more for food than is necessary and often more than they are justified in spending if other needs are given due consideration. Food authorities state that the most economical diet that can be devised is built around milk and grain foods. Whole milk in combination with whole grain and refined grain products furnishes the cheapest sources of energy, of building materials and of certain health protecting elements. This foundation reinforced with vegetables, particularly potatoes, carrots and tomatoes, a sure source of vitamin C, makes it possible to get along, if necessary, with a minimum amount of other more expensive foods.

Milk furnishes more kinds of nutrients than any other one food and according to authorities is the only food which is really indispensable. Therefore anyone who does not have a variety of other foods should have plenty of milk. For people who are overweight and watching calories, milk is especially important. Although low in calories, the calories can be further decreased by using skim milk and buttermilk. For those not liking to drink milk it should be taken as other dairy products, i. e., as ice cream, or in combination with other foods, as cereals, vegetables,

cream soups and puddings. Milk is rich in protein, the muscle building element, in minerals, especially lime and phosphorus, necessary for strong bones and teeth, and in vitamins. Milk increases the food value of foods with which it is used. Cereals cooked in milk are much improved both in food value and in flavor. This is true also of vegetables, soups and puddings.

This week I am giving recipes that can be used in low cost menus:

- Creamed Salmon
- 4 tablespoons butter
- 5 tablespoons flour
- 3 cups milk
- Chopped parsley
- 1/2 teaspoon salt
- 1 lb. can salmon
- Toast

Prepare a white sauce of fat, flour, salt and milk. Flake the salmon and add to white sauce. Cook in a double boiler until hot. Serve on toast with the chopped parsley over the salmon.

- Creamed Cabbage
- 1 1/2 cups finely shredded or chopped cabbage, packed
- 4 tablespoons melted butter
- 4 tablespoons flour
- 3 cups milk
- 1 lb. can salt

Heat the milk and cook cabbage in it for 5 minutes. Add blended flour and butter and salt. Cook about 5 minutes longer and stir constantly. The cabbage retains its delicate flavor and color.

ported very substantial lamb sale increases which they credited directly to the lamb advertising campaign, and it was generally believed that definite progress had been made in establishing in the minds of the consuming public the fact that Wednesday is "Lamb Day."

The Baker county unit of the state auxiliary has been one of the most active in the group visited by the state president. The Baker county women have been actively presenting the subject of lamb to butchers in the county, and there, too, it was evident that much progress had been made in establishing Wednesday as "Lamb Day."

In Union county it was arranged to get the work actively under way and to establish certain definite goals for the auxiliary to attempt to attain during this year. The secretary of the Union county group has arranged for a supply of lamb advertising literature to be used in carrying out part of the program.

Throughout the district visited by Mrs. Rugg, it was found that the general economic conditions had contributed in considerable measure to the slowing of the program of the auxiliaries. The meetings, however, were a big help in reviving interest in the program and helping the auxiliary membership to arrive at the conclusion that these groups of women can be of very substantial assistance in expanding the program for lamb.

In the presence of Mrs. Rugg to meet with the district auxiliaries in the state and to organize new county auxiliaries during the next few months—East Oregonian.

ported very substantial lamb sale increases which they credited directly to the lamb advertising campaign, and it was generally believed that definite progress had been made in establishing in the minds