

# OVER THE VALLEY

Phone: Mornings, Main 600

Mabel E. Morton, Valley News Editor

617 A

**Observe Anniversary—**  
Mr. and Mrs. Arthur Hermann, who live on the Island City-Cove highway, observed their 20th wedding anniversary Sunday at their home. They invited in a group of relatives and friends for a sumptuous wedding dinner which they served at noon. The table and the house were beautiful with cut flowers which Mr. and Mrs. Ben Schroeder and their son, Homer, had brought from their flower gardens which are so wonderful now. Prominent on the table, also, was the wedding cake—an angel food—which Miss Anita Hermann had made for the occasion, and also one other very delicious cake which their son, Harry, had made. It was a very happy day for all those present. Mr. and Mrs. (Huldah Schroeder) Hermann were married on June 12, 1912, at Quincy, Ill., and we are told they went to housekeeping on 12th St. They lived for a number of years in the middle west and later came to this valley, where they have lived for the last several years.

**In Other Valley—**  
Mr. and Mrs. Willis Moss, of Moss Chapel district, have returned home from Philomath, Ore., where they had a visit of seven or eight days with their son-in-law and daughter, Mr. and Mrs. R. S. Alexander, son, Robert and daughter, Frances. During their stay there, they had a trip on the new Coos lake and had other enjoyable experiences while in the other valley. They stopped off at Oregon City on their way home and got their grandson, Gerald Moss, who came on to spend the summer with their grandparents. Gerald was here last summer also and spent the summer.

**From Michigan—**  
Mrs. Emma Mitchell, and her son, Steve, arrived in this valley Friday, June 3, and are guests at the home of her son-in-law and daughter, Mr. and Mrs. W. M. McCaulley, of Land canyon. The visitors made the trip from their home in Mendon, Mich., in their car and they plan to spend the summer in this valley.

**Returns From Portland—**  
Miss Ardath Pitzell, of Pleasant Grove, who has been attending a business college in Portland, has returned to this valley again and has taken up her duties in the office of the Grande Ronde Co-operative creamery, a position which she previously held.

**At The Lake—**  
We certainly missed Mrs. Eva Duncan and her two energetic boys, Bobby and Billy, of the Mill Creek canyon, at the Livestock show last week. The boys have always been prominent in 4-H livestock club work, exhibiting their fine registered Jerseys and taking part in the judging contests. And their mother has been a prominent exhibitor for many years. Now we learn that Mrs. Duncan is a patient at the Hot Lake sanatorium, where she recently underwent a major operation from which she is recovering satisfactorily.

**Opening Duds Ranch—**  
Mr. and Mrs. Ernest Hindspeith, of Baker, are to operate the dude ranch which Dr. Blawell of that locality recently started up in the Minam country beyond Mill Creek canyon. They came to the resort a short time ago and are getting things in readiness for the opening of the season. This ranch is better known as the old Horse ranch.

**Club Meet Postponed—**  
The meeting of the Countrywomen's club which was to have been held Friday of this week at the home of Mrs. Penland has been postponed until Friday of next week, June 24.

**To Silverton—**  
Mr. and Mrs. R. G. Casick, of Wolf Creek, have gone to Silverton where they will represent the Wolf Creek range at the meeting of the state grange, which opens this week.

**To Weol Today—**  
Announcements have been made of a wedding on June 15 of which interest in college circles when Miss Lillian Nordgren, instructor in secretarial training and a graduate of the college in 1924, will become the bride of Floyd M. Edwards of Albany, graduate of 1923, who obtained his master's degree here a year ago.

**Miss Nordgren** is a member of Sigma Kappa sorority who was active in campus affairs in her college days and has been a popular member of the younger faculty set since she re-

turned as a member of the staff. Mr. Edwards is a member of Sigma Psi chapter at the University of Oregon, where he spent several years as assistant to the superintendent of the Eastern Oregon branch experiment station at Union. Since completing his graduate work here he has been connected with the Nebergal meat company of Albany as livestock specialist.

**Visit—**  
Mrs. Ed Combes, of Summerville, had as her guests over last weekend, her son and daughter-in-law, Mr. and Mrs. Lester Leslie and family of Seneca, Ore. Mr. Leslie is working for a large saw mill at Burns.

**Splendid Stock—**  
Kenneth Kooch has been bringing a bunch of very fine registered Ayrshire cows from the Kooch ranch near Enterprise for the last few years, exhibiting them at the Union show and winning many ribbons. This year he had 12 head of the Ayrshires, two entered in each of two classes and all the others exhibited singly. His "Wentchee Pairy" won the sweepstakes two years in succession, and took other honors. This cow made the best record in the Wallawa County Dairy Herd Improvement association last month, giving 2076 pounds of milk—more than her own weight—and 85 pounds of butterfat. If we err not, a yearly test, almost completed showed an average of 409 pounds for the year. We are also told that the Kooch herd made an average of 38 pounds of fat for the month.

**Goes to Roseburg—**  
Paul Trueblood, of Wichita, Kan., who has been visiting at the home of his sister, Mrs. Harlan Koger and family, on Lower Cove, left the last of the week for Roseburg, where he will visit his parents, and at other points in the Willamette valley.

**Island City Aid—**  
Although the attendance was cut down some by the absence of a number of members from the valley, the meeting of the Island City Aid society held last Thursday afternoon at the home of Mrs. J. M. Bowery was a very interesting one. Mrs. Bowery presided over the meeting in the absence of Mrs. Blokland. Plans were made for the annual chamber of commerce dinner which is to be held Tuesday of next week. Other matters were discussed and a part of the afternoon spent socially. Mrs. Bowery served some very nice refreshments. The next meeting will be at the home of Mrs. Clay Penland.

**Guest at Penland—**  
Miss Louise Watkins, of Marshall, Minn., teacher in the High school at

Redwood City, Cal., was the guest of honor at a picnic given last evening at the Cove swimming pool, by Miss Amanda Zabel, Miss Wainkins and her cousin, Mrs. Coy, who have been visiting friends here and at Pendleton for the past ten days continued their auto trip to the middle west today.

**To Go With Club—**  
The many friends in this valley, of Melvin Crow, of Lestine, a student at Willamette university, will be interested to know that he will not come to his home in Eastern Oregon until late summer. He is president of the Willamette University Young Men's Glee club, and this club, together with the Ladies' Glee club is soon to start on a concert tour of the northern states. We believe that La Grande is in the itinerary of the club.

**Home For Summer—**  
John Comstock, who has just completed his second year of work at the Oregon State college, has returned this week to the home of his parents, Mr. and Mrs. R. S. Comstock, of Mill Creek canyon near Cove and will spend his summer vacation there.

**Loss Haly Chick—**  
A brooder house containing 500 White Leghorn chicks about three weeks old burned at the home of Mr. and Mrs. Forrest Scroggin near Union, early Saturday morning. Mr. and Mrs. Scroggin returned from the stock show dance at about midnight and found the kerosene brooder working nicely, but the next morning when they arose about six o'clock, they found the house completely destroyed. Fortunately, there were no other buildings near this brooder house.

**Have Party—**  
When school closed at Pleasant Grove a few weeks ago, the 4-H club pupils of Miss Leona Fries' room were determined that they would keep together this summer and they announced to this reporter that there would be a number of social affairs this summer. Sure enough, last week the cooking club members were guests of their local leader, who is also their teacher at a regular roast, which was held on the beautiful school-grange grounds.

**Readers to be Served—**  
A few weeks ago we reported that Mrs. Nellie R. Grace, who had served for many years as librarian of the Cove public library, had resigned. On account of insufficient funds, it is beyond the question to have a paid librarian at this time, so the Women's Improvement club who sponsors the project have made some plans whereby the community may still be served. Mrs. A. G. Conklin, president of the club was made caretaker of

the books, and members of the club will be drafted to serve at the desk, perhaps for a week at a time through the period of financial stringency. It is stated that the library will be open Wednesday and Saturday afternoons.

**Move—**  
Mr. and Mrs. Carl Robinson, who have been living on a ranch in the vicinity of Telocast, have recently moved to the Conley ranch on Fly's Point, we are told. Mr. Robinson is one of the progressive farmers of the county, being especially interested in the livestock end of the game.

**In La Grande—**  
Miss Florence Smith, a second year student at the E. O. N., who was not in school during the spring term, has entered school again for the summer week. Miss Smith's home is on Gordon creek beyond Elgin.

**Guests—**  
Supt. and Mrs. Dale Richards, of the Eastern Oregon Experiment station has as their guests last Wednesday and Thursday, of the stock show, Mr. and Mrs. Herman Oliver of John

(Continued on Page Seven)

## Strawberry Growers See Hope In Future

Strawberry prices may be ruinously low this year, but leaders in the berry production in Western Oregon are still intensely interested in furthering and improving this industry, judging from the sentiments expressed by more than 200 growers and farm leaders who attended the annual strawberry day at the Oregon experiment station farm at Corvallis.

Most of the larger successful growers from Clackamas, Washington, Marion, Linn, Lane and other valley counties, together with county agents and vocational agricultural teachers, spent the day at the farm studying the effects of irrigation, viewing the experiments in insect control, heading the latest developments on diseases, and estimating the future possibilities of hundreds of new varieties now in fruit.

Particular interest centered on the new berry, U. S. D. A. No. 520, which Dr. George W. Darrow, berry specialist of the federal department of agriculture, believes will replace the Marshall or Oregon berry. Just as the new Corvallis is likely to pass the Ellettsburg in flavor as a canning berry.

Nearly all the visitors came "loaded" with questions and were not backward in keeping at the specialists till their queries on aptitude bugs, crinkle disease, rhizoctonia disease and scores of other problems were answered to the extent of present knowledge of them.

Growers expressed confidence in the future of berry growing in this state, believing that conditions will improve for those who are in the business in earnest.

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## EIGHT YOUNG PEOPLE OF UNION COUNTY 4-H CLUBS ATTEND STATE CONFERENCE

Eight young people of this valley—Glenn Nice, of Wolf Creek; Gertrude and Roberta Bell, of the Cove; Josephine Fisher, of Lower Cove; Farrell Skilling, Clayton Fox, Bob Huron and Keith McKinnis, of Imbler, left Sunday morning for Corvallis where they are attending the 4-H club summer school on the campus of the Oregon State college. Members of 4-H clubs—each of these young people earned the scholarship for this summer's sessions by some outstanding piece of club work. It is an honor and privilege coveted by 4-H club members.

Monday was devoted to unpacking and getting located, the girls being housed in Kidder and Waldo halls, while the boys were being cared for in the men's dormitory. By the end of the week it was expected that, conservatively, 700 Oregon youth would be in the full swing of the conference.

The first of the daily assemblies was held Monday, an "organization assembly" when the attendants were given the necessary instructions for the two weeks. The summer school motto, which has proven so effective during the past two or three years is again in use:

"If every member of this summer school is just like me, What kind of a summer school will this summer school be?"

The summer school assemblies are held each afternoon at 1:30 o'clock and are planned to be of especial interest to the students. Yesterday afternoon Dr. W. J. Kerr, president of Oregon State greeted the clubbers

and welcomed them to the campus. Today the extension directors of 11 western states, who are convening on the campus will be guests of the clubbers for luncheon and will be the speakers at assembly, bringing greetings from their respective states. W. A. Lloyd of Washington, D. C., in charge of extension work in the western states, will be one of the speakers.

Thursday, June 16—O. M. Plummer, manager of the Pacific International Livestock exposition, and for whom Camp Plummer at Portland is named, will be the speaker. With him will be Mrs. Jessie Honeyman, chairman of the roadside improvement committee of the Oregon Federation of Garden clubs, who will explain the work her committee is attempting. This federation provided scholarships for two club members to the summer school.

Friday, June 17—Dr. W. A. Schoenfeld, dean of the school of agriculture and director of the Oregon experiment station, will talk to the boys and girls.

Saturday, June 18—Hal Hoss, secretary of state, will be the speaker. Sunday, June 19—C. A. Howard, superintendent of public instruction, will be the speaker. This assembly will be held in the evening.

Monday, June 20—The speaker will be Max Gehlar, director of the state department of agriculture. Tuesday, June 21—W. Walker, president of the School of Commerce, Portland, will talk on "The Building of a Man."

Wednesday, June 22—This is Bankers' day. Members of the State Bankers' association will put on the program.

Thursday, June 23—J. R. Jewell, dean of the school of education, is the principal speaker. Friday, June 24—This is the final assembly of the session, and is devoted to the naming of winners of various contests held throughout the summer school and to other business incident to bringing the session to a close.

Evenings for the club members will be taken up with parties, educational movies and other forms of entertainment, each of which will come to a close early enough to allow the boys and girls to be in bed in time to get plenty of rest to keep them fit for the full days of work and play. Each morning, from 8:30 to 12 o'clock, finds the clubbers attending lectures, laboratory classes or watching demonstrations in the field. Complete schedules of instruction are worked out for both boys and girls, allowing them considerable choice in the kind of work taken. In the afternoon, following assemblies, organized sports and games are in order, including baseball, swimming, tennis, horseback and many others.

"Last year was the best summer school we have ever held," said H. C. Seymour, state club leader. "This one must be better, because our club motto is to 'Make the Best Better.'"

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## Chicks Must Have Much Room

"When a thousand chicks are placed together under one brooder, do you wonder that social problems develop?" asks M. Wayne Miller, poultryman at the Western Washington experiment station.

"Because chicks must be brooded in large units for profit, losses from cannibalism often occur. Crowded conditions are one source of this trouble. Give the chicks plenty of room at all stages of their development. Provide plenty hopper space so that each chick can eat whenever it desires. The same applies to drinking water. Cut green feed fed to the chicks in a wire hopper takes their minds off their troubles, and also supplies the necessary vitamins."

"Too much heat in a brooder house often starts the chicks pecking at each other. Keep the brooder house as cool as possible at all times. Rear birds on a well-sodded range. Since feed may also influence the cannibalistic tendencies in chicks, feed rations containing a large quantity of oats, and also an abundant supply of green feed."

Already growers are taking advantage of the large, firm perfection and unusually good flavor of this year's berry crop by shipping thousands of crates a day into local markets. For the strawberry season is not a long one, and the first fruits of every crop are likely to be the best ones.

**A Jelly Making Invitation**  
Despite these early shipments, berry prices are unusually low and as low right now as they will be for the rest of the season. And certainly the economy now possible on these big delicious berries is an invitation to every housewife to get out her preserving paraphernalia immediately and quickly convert this luscious fruit into rows of shiny glasses for next fall's winter supply of jellies and jams.

But the quality of the fruit is just as important to the jelly maker as its price. And that's why experienced jelly makers are so delighted with this year's berries for they seem to be uniformly clean and firm and of the medium-to-large size best suited to successful preserving. Moreover, they are of an exquisite rich red color instead of the sickly green of the occasional immature fruit that means tasteless jam or jelly. Then too, this season's berries have that tempting, tart taste that adds so much to the flavor of the finished jelly when it comes from such mellow, fully ripe fruit.

Jelly making at home has been called by many misinformed theorists "The art of grandmother's day." Actually this is untrue, for thousands of modern housewives are putting up jams and jellies all the year 'round—and the great variety of jams and jellies now pos-

sible through sure-result, time-saving modern methods would be a revelation to the jelly maker of yesterday.

In fact, the 1931 sales of glasses and paraffin indicate that more jelly was put up last year than ever before in history. These record breaking jelly-making activities were due partly to the comparative low prices of last year's fruit, and partly to the generous response of women to the increased home activity demands created by the depression and by the government conservation program that encouraged conservation of crops throughout the land.

But this year even those record breaking jelly making activities are likely to be surpassed by far for women will be quick to recognize the excellence of this year's berry crop and they will respond instantly to the new low prices of fruit and sugar as well as to the continued necessity for the rigid economy in uncertain times now made possible with well-stocked food cupboards.

Present sales show that women are starting right now to fill their jelly cupboards with jam and jelly from the first fresh fruits of the season. And that they fully recognize the actual energy value of these delicious jams and jellies.

The intelligent woman knows that fruit should be a regular part

of the diet twice a day, and that by preserving all the fresh fruits she can, she will never be without them.

Actually, jams and jellies can supply more nourishment than the fresh fruits themselves. For the combination of fruit and sugar furnishes the body with a quick energy "pick-up." It refuels the system after strain and fatigue. It is valuable in replenishing the energy supply of active men and women. Moreover, jams and jellies are particularly healthful for children.

But perhaps one of the most appealing features of jams and jellies is the variety of delightful ways in which they can be used. On a slice of fresh bread for lunch, as a mid-afternoon refreshment snack, as a garnish for meats, salads, casserole puddings used in tea sandwiches, or as ingredients for pies, cakes and cookies, they are equally tasty and delicious.

Purchasing fruit for jelly making is sure to appeal this year to every wise housewife as one way of spending the household dollar judiciously. She will provide business for the fruit grower and the merchant, she will save considerable money to spend on some other necessity or perhaps luxury, and through the use of jams and jellies she will be adding delicacies to the family menus that will be enjoyable as well as beneficial.

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## 4-H Club Notes

Since the last 4-H club news was published lots of things have happened. The boys and girls, particularly those in the livestock clubs have been doing big things at the livestock show. The list of those who had exhibitions at Union were: Gale and Lloyd Mills, Clifford and Gene Conrad, Darrell Irwin, Jack Ricker, Edw. Griggs, Darrell Klein, Glen, Malcolm and Paul Nice, Gertrude and Roberta Bell, Delbert Irwin, Fred DeBoide, Harold Zurbrink, Bob Huron, Earl Hermann, Truman Irwin, Vernon Stoddard, Josephine Fisher, Farrell Skilling, Doris Orton, Keith Kohler, Leonard Houx, Gene and Wilbur Blokland, Glenn and Van Robinson, Ronald, Erlene and Albert McClellan, Troy and Robert Becker, Allen Kohler, Clyde Kiddie Jr., Glenn Mullenberg, Bobby Pierce, Darwin Orton, Ada Edvalson, Clayton Fox, Allen Mills, Clinton Alexander, Buddy Gamble, David Baum, Forrest Lillard, all of this county, Frieda Fisher, and Wilma Moncrief, Muddy Creek, Joe and Hugh Church, New Plymouth, Ida, Joe Pritzl, Fruitland, Ida, Wayne Plak and Albert Campbell, Prairie City, Leo Barber, Stanfield, Stanley Green, Echo, Dorothy Shelton, Stanfield, James McDermott, Stanfield, Mima DeBoer, Ontario, Wayne Power, Otis Lee Hake, Neil Bleaker, Avilda Bleakney, Echo and Merle Hutton, Stanfield.

Members of the Pleasant Grove Sewing club recently enjoyed a winter roast with their local leader, Miss Leona Fries, at the Pleasant Grove school grounds.

Awards for news writing are to be given to boys and girls in 4-H club work in Wallawa county, so says the Enterprise Record-Chief in the following story:

Two 4-H club members in the county will again be sent to the agricultural college summer school this season by the Enterprise chamber of commerce. The lucky members will be chosen this week and will leave Saturday or Sunday for Corvallis, for the two weeks' summer vacation course will begin next week. This is the third year this chamber has given the club scholarships.

The honor will go to the boy and the girl who have made the best record in club work during the past year. Each club member conducts a certain project, under leadership, and keeps an exact record of his work. These records and the information given by the leaders are the basis of the award by the judges. County Agent N. C. Donaldson has general supervision of the club work in the county.

Portland Produce  
PORTLAND, June 15 (AP) — Butter, butterfat, eggs, country meats and live poultry unchanged.  
Mohair, nuts, casahra bark, hops, onions, potatoes, new and seed potatoes, strawberries, wool and hay quotations unchanged.

BAR SILVER  
NEW YORK, June 15 (AP) — Bar silver 1/4 cent at 27c.

LIVERPOOL WHEAT  
LIVERPOOL, June 15 (AP) — Wheat closed: July 5 1/2; Oct. 5 1/2; Dec. 5 1/2; Exchange \$3.60.

Troy and Robert Becker, of Lower Cove had a fine string of either 10 or 12 head of registered Holsteins on exhibition. Both of these boys are doing a splendid piece of club work and they have a fine herd of their own.

Wilma Moncrief, who when living in Union entertained the grand stands daily at the livestock show with her trick riding on her pet ponies, is now a busy 4-H club girl down in the Muddy Creek neighborhood. She was at the stock show this year with her purebred Holstein cow and calf.

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

**GREEKS USED BUTTER AS A COSMETIC**  
The "ultra smart" among the Greeks and Romans as early as 450 B. C. used butter as a hair dressing and a cosmetic. The Macedonians used it as the greatest and holiest of sacrifices in their worship. The Macedonians used butter as an ointment after bathing. In Spain as late as the seventeenth century, butter fat was found in the medicine shops advocated for external use only. In rural districts of Germany today, fresh unsalted butter is much used as a cooling salve for burns.

Enlightened by advances in the field of nutrition, we use butter at the present time as one of the healthiest of the natural foods. Vitamin A, which is found so plentifully in butter, is not only important in bone-building, but is also important

**APPLE MEN OF VALLEY ARE LOOKING FOR A BIG CROP FROM INDICATIONS**

Forecast indications from the various fruit centers of this county are that the 1932 crop of apples will be a record breaker as the following story from our correspondent at Imbler would show:

Now that the frost danger is over apple men have been estimating their crop and it promises to be a record breaker in this district. The normal apple output here is about 225 car loads. Haskell Andrews, federal fruit inspector, who visited the district last week estimates 300 car loads this year—and this estimate is in line with that made by growers.

The second spray for the codling moth will probably be applied this week and the way this spray is timed will no doubt interest the layman. The codling moth is a peculiar creature with very decided likes and dislikes. Every grower knows that this apple worm always picks out the best apples, but not everyone knows that this little creature is a boreo-hound. The female moth, like our own flappers, likes to step out in the evening but she absolutely refuses to go out and around unless it is at least 60 degrees or warmer at 8 o'clock in the evening. Many growers hang a tin pan with a solution made of malt syrup to which yeast has been added and well fermented in the trees and these flappers cannot resist it and never get out of the first "speakeasy" visited.

Thus the grower knows when many moths are caught that they are laying eggs and that a spray must be on within eight or ten days as hatching takes about that long as a rule. Many growers time this spray by watching the temperature at 8 o'clock in the evening but many use the trap method and some use molasses in the traps instead of malt but some growers have requested that this be explained so they may purchase their yeast and malt syrup and still be like Caesar's wife, above suspicion.

**DELICIOUS CHEAP STRAWBERRIES NOW CROWDING LOCAL MARKETS**

Scores of Local Housewives Tempted by Unusual Crop and Low Prices, Filling Cupboards With Glasses of Strawberry Jam—America's Favorite Preserve.

THIS season's strawberry crop is reported by experts to be the best and most plentiful in years. Weather conditions, they say, are primarily responsible. Fortunately, the mild temperature and light, even rains in the berry-growing localities throughout the country have been ideal this spring for developing the rapid, normal growth and full rich deliciousness of this luscious fruit.

Already growers are taking advantage of the large, firm perfection and unusually good flavor of this year's berry crop by shipping thousands of crates a day into local markets. For the strawberry season is not a long one, and the first fruits of every crop are likely to be the best ones.

**A Jelly Making Invitation**  
Despite these early shipments, berry prices are unusually low and as low right now as they will be for the rest of the season. And certainly the economy now possible on these big delicious berries is an invitation to every housewife to get out her preserving paraphernalia immediately and quickly convert this luscious fruit into rows of shiny glasses for next fall's winter supply of jellies and jams.

But the quality of the fruit is just as important to the jelly maker as its price. And that's why experienced jelly makers are so delighted with this year's berries for they seem to be uniformly clean and firm and of the medium-to-large size best suited to successful preserving. Moreover, they are of an exquisite rich red color instead of the sickly green of the occasional immature fruit that means tasteless jam or jelly. Then too, this season's berries have that tempting, tart taste that adds so much to the flavor of the finished jelly when it comes from such mellow, fully ripe fruit.

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But perhaps one of the most appealing features of jams and jellies is the variety of delightful ways in which they can be used. On a slice of fresh bread for lunch, as a mid-afternoon refreshment snack, as a garnish for meats, salads, casserole puddings used in tea sandwiches, or as ingredients for pies, cakes and cookies, they are equally tasty and delicious.

Purchasing fruit for jelly making is sure to appeal this year to every wise housewife as one way of spending the household dollar judiciously. She will provide business for the fruit grower and the merchant, she will save considerable money to spend on some other necessity or perhaps luxury, and through the use of jams and jellies she will be adding delicacies to the family menus that will be enjoyable as well as beneficial.

of the diet twice a day, and that by preserving all the fresh fruits she can, she will never be without them.

Actually, jams and jellies can supply more nourishment than the fresh fruits themselves. For the combination of fruit and sugar furnishes the body with a quick energy "pick-up." It refuels the system after strain and fatigue. It is valuable in replenishing the energy supply of