

# OVER THE VALLEY

Phone: Mornings, Main 600

Mabel E. Morton, Valley News Editor

617 A

**Have New Son—**  
Mr. and Mrs. Oliver McCabe, who live on the Island City-Cove market road have a new baby boy at their house, born to them earlier in the week. While this is the third child in the family, it is the first son and all are justly proud.

**Club Meets—**  
Members of the Happy Hour Circle had a very pleasant meeting Wednesday afternoon at the home of Mrs. J. E. Hulse in the Iowa neighborhood. The afternoon was spent in a more or less social fashion with the work of the day being the making of a dress form for the hostess. The circle will meet again in two weeks.

**Are Wed—**  
Miss Esther Linfoot and James Stowe of the north end of the county were married Tuesday at the Gandy home in Elgin. Rev. Judson Brown officiating. About 40 guests witnessed the ceremony. The young people will make their home for the present with Mr. Stowe's parents, who live in the Scott district northeast of Elgin.

**Dinner Guests—**  
Miss Edith Ulery and Messrs. Elton Berry and Lynn Smuts were dinner guests Sunday at the home of Miss Thelma Strain in La Grande.

**In Portland—**  
Lee Hiatt, a member of the E. A. Austin family of west Summerville, was among the young people of the valley who attended the Pacific International Livestock show in Portland last week. He had several days at the exposition, which is reported to have been very good this year.

**At Union—**  
Mr. and Mrs. Clarence Rosewall and the Misses Amanda Zabel and Mabel Morton were guests Tuesday evening at the home of Mr. and Mrs. I. Z. Terrill at Union, that day having been Mr. Terrill's birthday anniversary.

**Returns Home—**  
Mrs. A. H. Parsons, whose home is on the highway beyond Elgin, has returned home from a three weeks' visit at the home of a son in Walla Walla.

**In Wallawa—**  
George Fleschman, son of Mr. and Mrs. O. C. Fleschman, of Grange Hall neighborhood, spent last Sunday visiting with relatives in Wallawa.

**Much Better—**  
Mrs. Louie Standley, of the Iowa district, who has been ill since the middle of September, is very much improved and has been able to be out of the house the last few days. This is good news to her many friends, who have been distressed at her illness.

**Attend Meeting—**  
Mrs. J. F. Kennedy, chairman of the H. E. C. committee, and Mrs. Frank Whitten, master, both of Medical Springs, are in the valley today representing their grange, the Medical Springs subordinate at the four county conference being held today at the Blue Mt. grange hall.

**At the Iowa School—**  
Wednesday evening, the dozen pupils of the Iowa school and their teacher, Miss Ina Fleming, entertained the parents, residents of the district and a few friends at their annual Halloween program at the school. Without consulting the teacher, the individual pupils were to prepare something for the program—something along the Halloween line, and these several features together with piano numbers by Miss Fleming occupied the evening. The school was very appropriately decorated with all those things which are absolutely necessary for a real Halloween party and the effect was satisfactory. The program was as follows:  
Piano solo, "Spanish Dance" and "Witches' Dance" by Helen Jean Speckhart.  
Reading, "Morning Glories," Eska Hampton.  
Negro skit (in costume) "Kentucky Babe," Lillian Knautz accompanied by her mother, Mrs. Paul Knautz.  
Poem "Jack of Lantern," Evelyn Buntin.  
Poem, Georgia Lee Hampton.  
Vocal duet with guitar accompaniment, the Misses Elda and Arda Berry. Original story, Phyllis Baker.  
Stunt "The World's Greatest Feat," Story "Too Much Mince Pie" Mervell Hampton.  
Vocal solo "Three For Jack" Paul Knautz, accompanied by Mrs. Knautz.  
Piano solo, "Narcissus" Lillian Knautz.  
Reading of the "Iowa Reporter" by Miss Fleming.  
Harmonica solos, Henry Edgmon.  
Vocal solo, "The Gingerbread Boy" Helen Jean Speckhart.  
Reading, Miss Fleming.  
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Ghosts who assisted during the evening were Bobby Chenault and Mervell Hampton.

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**Noys.** At the conclusion of the program Mrs. Herbert Speckhart, Mrs. Knautz, Mrs. Noys and the Misses Elda and Arda Berry served the refreshments which, appropriately, were doughnuts and cider.

**Practises Wrist—**  
Miss Clara Pries, a nurse at the Hot Lake sanatorium, whose home is in the Pleasant Grove neighborhood, had the misfortune to fracture one of her wrists while about her work last week.

**Give Program—**  
The children of the Shanghai school, with their teacher, Mrs. Ward Miller, held a Halloween party yesterday afternoon at the school. There were all the interesting games of the particular season and the pupils furnished the cookies and the teacher the cider, for the lunch which finished the happy affair.

**The Lone Star school,** of which Miss Gladys Billings is the teacher, had their party last evening and we hope for a full account of it, also.

**His Birthday—**  
Bobby Chenault, of the Iowa district was nine years old Sunday. We were about to say that he spent the day quietly, but he had for his guests, Clifford Hulse, of the Lone Star neighborhood and those who are familiar with these two lads, know that no celebration in which they figured could be exactly "quiet." But they had a happy day together and their mothers are still alive, perhaps even without any more gray hairs, and so everything is lovely.

**The Fisher Sale—**  
The public sale of the property of the late Julius Fisher, of Lower Cove, held last Tuesday was probably one of the largest sales ever held in the county. The nearest estimate of the attendance we think should be quite accurate. The women who served the lunch had secured 1000 plates and these had to be supplemented by others before the company had been served. While practically all of the things were sold, the prices were invariably low. It is reported, The Fisher dairy herd was one of the best in Eastern Oregon and we are told the highest price any of the animals brought was around \$45, running as low as in the teens. The lunch on noon consisted of baked beans, potato salad, sandwiches and coffee. Mrs. Fisher and Lovene Williams being assisted by Misses. Christie Bertch, R. S. Comstock, Albert Becker, A. V. Fisher, Lee Childers, Earnest Miller, George Gray, Agnes Morris, Jay Breeshars, Alta Howell and Maude Webber.

**Get Back—**  
J. H. Berry, of the Iowa district, and Gene Oswald were among the late hounds in the mountains and Mr. Oswald brought out a big buck which weighed 250 pounds, dressed and so big it had to be brought out in pieces. The men did their hunting on the Dead Horse Flats.

**Attend Program—**  
Among the La Granders who attended the program at the Iowa school Wednesday evening were Mr. and Mrs. Lon Gower, Mr. and Mrs. John Speckhart, Mr. and Mrs. S. C. Smith, Mr. and Mrs. Howard Smith and daughter, Mrs. Everett Keown and children and the Misses Amanda Zabel, Arta Lawrence and Mabel Morton.

**Sale Reported—**  
The sale of the I. Bingham farm in the Flora neighborhood in Walla Walla county has been reported, the new owner being J. W. Fleet, of Flora.

**In Walla Walla—**  
Mrs. Paul Berryman, whose home is between Imbler and Summerville, has gone to Walla Walla for a visit among friends and relatives.

**Takes His Prizes—**  
Herbert Chandler, of Baker, graduate of the Eastern Oregon Livestock show, and one of the country's most prominent and successful breeders of Hereford cattle, sent his celebrated bull to Omaha the first of the week and from there they will be taken for exhibition at three big trade shows. At the recent Pacific International show at Portland and 10 first prizes. Prizes won at Portland follow: Senior champion heifer, junior champion bull; firsts: 2-year-old bull, junior yearling bull, summer yearling bull, senior bull calf, five bulls any age, three bulls any age, two bulls any age, senior yearling heifer, junior heifer calf, got of sire. The herd was exhibited with excellent results at shows in Billings and Great Falls, Montana, Yakima and Puyallup, Wash., and Salem, Ore., this fall. After the stock shows in Omaha and Wichita, Mr. Chandler will exhibit at the Hereford golden anniversary show in Kansas City

celebrating the fiftieth anniversary of the founding of the Hereford association. Prizes totaling \$75,000, the largest ever offered in this country for one breed of stock, will be offered.

**Leaving for Colorado—**  
Mr. and Mrs. Odes Shafer who have been residents of the valley for the last few years, living on the Willis Moss farm at Moss Chapel, are leaving next week by a circuitous route for their old home in Colorado to which they have returned more than once after having lived in this valley. They plan to go by the way of California and will be accompanied that far, by Mr. Shafer's mother, Mrs. Lillian Shafer of Island City who will stop there to visit her son. The Shafers have been very prominent in various circles in the valley and have been honored by a number of social affairs recently, since their plan to return to Colorado was announced.

**From The Minam—**  
Fred White, Ted White and Gordon Barker returned to their homes near the Cove the first of the week, each of them having a fine buck which they had succeeded in bagging in the Minam county.

**Returns Home—**  
C. Y. Beale, prominent farmer of Lone Pine, has returned to his home following a several weeks' stay at the Hot Lake sanatorium where he has been receiving treatments for some kind of heart trouble. His friends are glad to know that his health is considerably improved.

**Grangers Banquet—**  
A large and very fine grange dinner was held Friday evening at the school house at Medical Springs. There were present about 70 people, members of the Medical Springs grange and their families. The table decorations were of fall flowers with a Halloween background. The lovely chicken dinner was served under the able committee of which Mrs. J. P. Kennedy was the head. After the dinner there was visiting for the older folks, with dancing for the young people and for the older ones, too, for that matter, if they choose.

**Improves—**  
It is reported that Mrs. Earl Park, of Dry Creek, who has been at Hot Lake receiving treatment for a bad case of infection in the index finger of her right hand is making a very good recovery.

**Home for Weekend—**  
Miss Elnora Hansen who teaches in High Valley was home for a stay over the weekend and is among the very active members of the alumni of the Eastern Oregon Normal school participating in the Home-coming festivities last night and today.

**Conference Today—**  
The Blue Mt. grange hall is a very busy place today with officers and members of grange organizations of four counties, Umatilla, Baker, Walla Walla and Union are meeting in a district conference, the first to be held within the confines of this state. State officers and prominent speakers are here for the various sessions as guest speakers and visitors.

**Island City Aid—**  
There were about 20 members and two visitors, Mrs. Ida Morton, of Portland, and Mrs. C. Carnes of the valley, present Thursday afternoon at the regular meeting of the Ladies Aid of the Island City Community church held at the home of Mrs. Mary Blockland. Mrs. Garrett Blockland presided over the business meeting and Mrs. C. H. Bidwell, acting as chaplain, conducted the devotionals. Plans were furthered for the dinner and supper which are to be served at the church on election day, a custom which the women have followed for a good many years. Plans were also announced for the dinner which is to be held at the home of Mrs. Homer T. Wilson on Nov. 17. As we understand it, Mrs. Wilson is serving the dinner for the members of the aid and their friends and the proceeds to be realized will be Mrs. Wilson's contribution to the aid. During the social hour the guests wrote for Mrs. Odes Shafer, who is leaving the valley next week, some very complimentary letters which she might have on her auto trip back to her old home. Mrs. Blockland served a delicious tray lunch at the close of the program.

**From Weiser—**  
Mr. and Mrs. H. B. Davidhizer, who now reside at Weiser, Ida., are visiting among their relatives and friends in Eastern Oregon—in this valley and in the Joseph vicinity.

**Entertainers Club—**  
Mrs. William Mitchell entertained the members of the Friday Bridge club yesterday afternoon at her home in Island City.

**Discuss Measures—**  
Last evening at the High school gymnasium at the Cove the various measures which are to be voted on at the approaching election were discussed by Hugh Brady, La Grande attorney. The meeting was sponsored by the Mt. Fannie grange and is said to have been quite profitable.

**Have Very Interesting Meeting—**  
Members of the Cricket Flat grange report a meeting of special importance and great interest last Saturday evening at the Highland school house which is their customary meeting place. There was a splendid attendance of their members and besides 15 members from the Blue Mt. grange were present and furnished a very entertaining program at the conclusion of which they presented the Cricket Flat subordinate with the travelling gavel. Mr. and Mrs. C. E. Moore, of Rockwall were present and extended an invitation to the members of this grange to visit their meeting Friday evening. It was decided that the Cricket Flat grange assist the Rockwall grange when they

entertain the Union County Pomona grange Saturday, November 12.

**To Have Social—**  
The public is invited to a social which the Island City Parent Teacher association is giving next Monday evening, Halloween at the Island City school house. The finance committee is the group especially responsible and they have a program, with refreshments which are to be strictly in keeping with the special festival being observed.

## Democrat Rally Held On Oct. 26 At Wallowa, Ore.

By Mrs. C. A. Hunter (Observer Correspondent)  
WALLOWA (Special)—A Democratic rally was held at the K. of P. hall Wednesday evening with Mr. and Mrs. Walter M. Pierce and Henry L. Hess, of La Grande, as the speakers. Mr. Pierce and Mr. Hess spoke in behalf of their candidacy and Mrs. Pierce explained the measures that are to be voted on in the coming general election.

Mr. and Mrs. Jess Allen returned Monday from San Francisco where they have been visiting their daughter, Marjorie, the past month. Mrs. F. H. Wehnard and Miss Carrie Wehnard returned Thursday with a week's visit with the latter's father at Dayton.

Mrs. James Plass and son, Buddie, and Mr. and Mrs. Clarence McKenzie, of Klamath Falls, are spending a week's vacation with relatives and friends here. This is a honeymoon trip for Mr. and Mrs. McKenzie as they were married in Klamath Falls just before leaving there. On their way home they will visit her sister at Ontario.

Mrs. O. F. Campbell reported on the recent grand lodge of Pythian Sisters at the regular session of the local lodge Tuesday night following a pot-luck supper given by the members in her honor. Mrs. Campbell was elected grand senior at the Portland meeting.

Honoring Mr. and Mrs. Leon Baird, visiting here from Los Angeles, Mrs. Herman Plass and Miss Lenore McKinnis entertained a group of their former school-mates at a bridge party Saturday evening at the Baird home. Three tables were arranged for cards following which refreshments and a social time were enjoyed. Mr. and Mrs. Baird left for their home Tuesday.

People from here who attended the football game at Moscow, Ida., last Saturday were Stanley Shell, Donald McDaniel, O. F. Campbell, Miss Lottie McGraw. They were accompanied by Miss Kathryn Galbraith, of Pendleton.

George Chalmers, attorney, was a visitor in La Grande Tuesday. The home of Dr. and Mrs. F. F. Jones was the scene of a delightful party Wednesday evening when Miss Isabella Goodnough and Esther Boughter entertained members of the Faculty club. Mrs. O. F. Campbell and Mrs. C. A. Thompson were invited to form three tables of bridge and high cards were made by Lillian Dale. A Halloween motif was carried out in the bridge table appointments. At a late hour refreshments were served by the hostess, Misses Lillian Dale and Esta Johnson will be the next hostesses to the club.

Mrs. Edwin Marvin and daughters, Mrs. John Bratton and Eula Marvin, and Mrs. Charles Hauprichs were business visitors in La Grande Tuesday.

Judge J. W. Knowles, of La Grande, was here Monday calling on friends. Among others he visited Duncan McLean, who has been confined to his bed for the past month with a serious illness. Mr. McLean's condition is improved somewhat the past week.

Mrs. William Hamilton returned the first of the week from a month's visit with relatives at Modesto and other California cities.

Mrs. David Scott is visiting relatives at Joseph this week.

C. W. Allen, of Eagle Creek, has been in Wallowa the past week transacting business. The Allen family moved to Eagle creek just recently and Mr. Allen states that they are well pleased with their new location.

Mrs. Minnie Johnson returned Monday to her home at Carson, Wash., after visiting here for several days with her mother, Mrs. Ole Johnson.

Mr. and Mrs. Sam Thompson, who have been visiting at the C. A. Thompson at Wallowa for ten days, left Monday for their home at San Francisco.

Dick Maxwell left the first of the week for the coast where he and Leonard Johnson, Gordon of Enterprise, are to be partners in the sheep business having recently purchased a large plant which they will operate.

Mr. and Mrs. Ed Hook have returned to their home in Middle Valley from a motor trip that took them to the Eastern coast. They were gone six weeks and visited New York, Washington, D. C. and other large cities. They also visited the Arlington cemetery where Mrs. Hook has a brother buried.

C. E. Hood returned Thursday from a short business trip to Portland. Colonel R. Eberhard, state senator, spent Thursday in Wallowa in the interests of his campaign for re-election.

## Walter Pierce and Henry Hess Speak At Enterprise, Ore.

ENTERPRISE (Special)—Walter M. Pierce, candidate for congress, and Henry L. Hess, candidate for state senate, spoke to a packed house on the political issues of the day. Charles O. Bilyeu, county chairman of the Democratic party, presided.

Chick Whitman drove to Weston Saturday night and on Sunday brought home his wife who has finished a course in beauty culture at Walla Walla, Wash. She lived with her parents whose home is at Weston.

Larry Bay, son of Mr. and Mrs. H. M. Bay was here two days this week visiting his parents. Larry was employed in the bank in La Grande.

Mrs. Leonard Jordan and children are at Hood River where they expect to spend the winter with her parents. Her father is quite ill, having suffered a cerebral hemorrhage a month ago but is considerably improved. Mr. Jordan is on Snake river with sheep.

**Meat's Value in the Diet**  
All meat, especially lean meat, livers, hearts, and kidneys, is rich in iron, which makes it one of the best foods for blood building. Meat also contains phosphorus needed for bones and other tissues.

**Old Scottish Writer**  
The most ancient Scottish work of which we know is "The Complaint of Scotland," by Sir James Inglis. It was published at St. Andrews in 1548. The author at that time had been dead 18 years.

**Everlasting Microbes**  
Microbes in their natural conditions, that is unless they are poisoned, or are deprived of water, or made too hot or cold, never die. They split into half. Each half becomes a new microbe, which in turn splits into two and the process goes on indefinitely.

**Marvin Dalley, one-armed Kansas City golfer,** toured the Old Mission course in 78 strokes.

# Rural Fires Are Too Costly

## Crop Conditions In Wallowa

WALLOWA, Ore. (Special)—A considerable amount of moisture has fallen in this county during the past week. With a few light showers of rain during the early part of the week the weather became somewhat colder with some snow on Friday and Saturday. The snow melted as fast as it fell in the lower portions of the county, but farmers further back in the hills report state the ground remained white for two or three days. Farmers are much pleased to see more moisture before any freezing of the ground occurs.

The delayed fall wheat is said to be coming along in fair shape at this time. Some of the grain came up the soon after seeding, but many of the fields were far too dry to allow germination of the seed until during the past week. Many do not expect to see the grain get much of a start this fall, but farmers feel that if it becomes sprouted and some of it, that it will have a fair chance of coming through the winter in good shape. Grass is starting very slowly in the dry portions of the county and unless there is still several weeks mild weather but little green feed will be available this fall.

Many of the stockmen have been busy during the past week or two gathering some of their cattle which have been held on the late summer range. Short feed at many places has caused some of the stock to be some quite badly scattered and many are having some difficulty in getting their stock all gathered.

The most of the irrigated farms in the valley have been heavily pastured during the past several weeks and forage at most places is becoming quite short. A number of the larger dairymen report they are feeding their dairy herds all the hay they will eat at this time in an effort to hold up milk production. J. F. Fisher made a trip to Swamp creek the early part of the week and purchased a number of high class Holstein cows. This is the second purchase Mr. Fisher has made from that district this fall, getting 39 head in all, many of which are fresh and others that will freshen early in the winter.

There appears to be but little activity in hay sales yet in this section. Not enough has been sold to establish a price. However, reports state that one or two large lots of hay have been offered for sale at \$5 per ton. Hay supplies appear to be most plentiful at most farms than last year.

## Protection For Country Urged By State Marshal

Affirm property in Oregon continues to suffer heavy financial losses from fire, a survey of the past summer disclosed, the Walla Walla fire department being informed by A. H. Averill, state fire marshal, that the difference of 44.6 per cent in the loss ratios as between farm property and city dwellings, to the detriment of the former, has presented a condition which calls for heroic measures.

## Farm Taxes Increase In West States

Farm real estate taxes per acre in the three Pacific states—California, Washington and Oregon—were from 99 per cent to 194 per cent higher in 1930 than in 1913, the largest increase occurring in California, according to a survey by the bureau of agricultural economics, U. S. department of agriculture.

Taxes in California reached a peak of \$11.18 per acre in 1928, and then declined to \$1.13 an acre in 1930. The tax in 1913 averaged 39 cents an acre in that state. In Oregon, taxes increased from an average of 17 cents an acre in 1913 to 43 cents in 1929, and in 1930 were 40 cents an acre. In Washington, taxes went from 34 cents an acre in 1913 to 68 cents an acre in 1929 and 1930.

The three Pacific states as a group show an increase in farm taxes per acre of 155 per cent from the year 1913 to 1930. This compares with an increase of 151 per cent in the west north central states as a group, during the same period; an increase of 140 per cent in the east north central states, and an increase of 150 per cent in New England.

The increases in farm real estate taxes follow a somewhat differing course in the three Pacific states during the 18-year period covered. Whereas taxes per acre reached a temporary peak in Washington in 1920, and in Oregon in 1921, declined thereafter, and then went up to only a slightly higher peak, taxes in California went up somewhat more rapidly from 1913 to 1920, hesitated momentarily, and then rose to a considerably higher peak in 1928.

The bureau's report is one of a series dealing with farm real estate taxes per acre paid on all farm land and buildings.

## Many Seeds Are Tested At College

The co-operative seed testing laboratory of the experiment station and the United States department of agriculture at the college tested 4593 samples from July 1, 1931 to July 1, 1932, which is the most since the laboratory was established here in 1909. This year there have already been 1107 samples received and there is a probability of equaling last year's record, says M. Cole, federal seed analyst in charge.

Samples are received from farmers and seedmen who wish purity tests and sometimes germination tests before they buy or sell quantities of seed. Of these 847 were purity tests and 1334 germination tests.

Most of the present samples are Austrian winter field peas, Alaska clover and red clover are next in number with rye grass third. Others in majority are the vetches, ladino clover, alfalfa, chewing fescue and bent grass.

This service is offered free of charge as long as tests remain within the quota allotted each person. This quota is not to exceed three purity and five germination tests per month or a maximum of 25 purity and 40 germination tests per year. Payment exceeding the quota will pay a small charge depending on the kind of seed and the test required.

The purpose of the analysis is to protect those wishing to buy or to sell grains of a certain quality under contract.

The distribution of these co-operative federal laboratories is in different parts of the United States. The territory served by this laboratory is Oregon, Washington, Idaho, Montana and Wyoming. Most samples coming from Oregon and from Washington.

## WHOLE WHEAT IS HEALTHFUL, INEXPENSIVE FOOD

When Miss Claribel Nye, of Corvallis, state leader of home economics extension, was in La Grande Wednesday she conferred with county officials on present relief plans, as chairman of Governor Meier's state food committee. Miss Nye emphasized to the committee the value and importance of the use of whole wheat, which is now greatly to be desired for its great food value and its low cost, as well. A bulletin prepared by Miss Lucy A. Case, nutrition expert, well known in this valley and giving recipes for its use, has been forwarded. The bulletin will be given in two installments, the first appearing herewith:

**Food Value of Whole Wheat**  
Whole wheat products have a high nutritive value. Whole wheat contains more than twice as much vitamin B as white flour, thus contributing valuable protection from certain forms of neuritis, poor digestion, lack of appetite and poor growth. Whole wheat contains four times as much iron and phosphorus, and more valuable proteins and a much larger amount of roughage, than white flour. Large quantities of whole wheat products should not be eaten on any one day because of their laxative effect. They are not recommended for young children nor for adults suffering from digestive disturbances.

Both whole wheat and white flour are valuable sources of energy, and moderately good sources of vitamin G which function in helping to preserve muscular tone and other characteristics of youth.

Whole wheat products which are milled at home or under home supervision contain the entire grain. The germ has been removed from much commercial white flour. The germ contains considerable fat and therefore wheat containing the germ does not keep for many weeks. Prepare cracked wheat and home ground flour only in quantities sufficient for early consumption.

Hard wheat flour contains more gluten than soft wheat flour and is suitable for bread making; soft wheat flour contains more starch than hard wheat and is suitable for cakes and pastries.

In order to obtain a balanced diet, wheat products must be supplemented by an adequate supply of milk, vegetables, fruit, and eggs, meat, or fish. Those foods that may be replaced by whole wheat products are commercially prepared breakfast foods, rice, macaroni, spaghetti, white flour, and products made from it such as white bread and crackers.

**Cleaning Whole Wheat Grains**  
To clean wheat at home, place in a broad pan, add considerable water and stir. Most of the chaff and other impurities will rise to the top. Pour these off into a sieve or strainer, not directly into the sink. Repeat washing. Look over remaining grain, a handful at a time, and remove undesirable kernels or other impurities. If flour is to be made from washed wheat, spread on clean paper or pans and dry in sun, warm room, or slightly warm oven with door left open.

Whole wheat may be ground into flour at home in a hand or power grist mill. Hand mills can be purchased for \$3.50. If a small gas engine or electric motor is available, the mill may be equipped with a belt for

small sum.

Many communities have feed or flour mills where one can have whey ground or cracked either for a small sum or in large quantities. When ground flour at home, shake the milled product through flour sifter, and regrind the larger particles several times if necessary.

Cracked wheat can be purchased as such at feed stores or mills, or it can be made at home by grinding cleaned soaked wheat in a food churning machine or coffee mill. Cracked wheat cooks to a more mushy, starchy consistency than does the whole grain. Whole and cracked wheat may be used interchangeably in most of the recipes given below.

**Cooking Whole Wheat**  
To one cup of washed whole wheat, add two cups of hot water and 1 level teaspoon of salt. Boil over direct heat in top of double boiler or similar placed covered saucepan of wheat in pan of boiling water and let stand overnight or for several hours. Heat can be retained longer by use of fireproof double boiler in oven over night. Next morning, add 1 more cup of hot water or milk to each cup of dry wheat used, and cook in double boiler until tender, usually about an hour.

If cracked wheat is desired rather than whole grains, proceed as described above up to point of second cooking. Then put the partly cooked wheat through the food chopper in the morning before finishing the cooking.

Wheat can be cooked without the over-night process by placing 1 cup of wheat, 3 cups of hot water, and 1 teaspoon of salt in double boiler and cooking without stirring 3 to 4 hours. Wheat can be cooked in a steam pressure cooker by placing in a pan 1 cup wheat, 1 1/2 cups of hot water, and 1 teaspoon of salt, and cooking at 15 pounds pressure for 1 1/2 hours. Allow pressure to return to zero before opening petcock.

Parboiling wheat in soda helps to soften the grains. If this method is used, add 1 teaspoon of soda to 1 quart of boiling water and drain off liquid after boiling an hour.

Directions are given at the end for removing the husks from wheat by the use of lye, forming wheat hominy.

**Uses of Plain, Baked, or Steamed**  
2 to 3 cups of the cooked wheat, if economical to cook a large amount, or wheat at one time and use it in several different dishes.

**Nes of Plain, Baked, or Steamed**  
Wheat or Wheat Hominy  
1. As a breakfast cereal with cream or milk and sugar.  
2. As a breakfast cereal with butter and brown sugar.  
3. As a breakfast cereal or dessert with dried fruits added the last hour of cooking, with cream or milk and sugar.

4. As a side dinner dish with butter and jam.  
5. In place of rye or barley in soups and stews.  
6. In place of rice in baked main dishes and desserts.  
7. In place of macaroni in baked cheese and tomato dishes.  
8. In place of rolled oats in cookies and bread.  
9. As a dessert with butter and brown sugar syrup or other syrup.

**Nut Bread**  
(With Soft Milk)  
2 cups Graham flour  
1 cup sugar  
1 cup milk  
2 teaspoons soda  
1 teaspoon salt  
1 cup chopped nuts  
2 cups sour milk  
2 tablespoons fat, melted  
Mix ingredients and pour into large greased loaf pan. Let rise 10 minutes. Bake 50 minutes in moderate oven. Cut in thin slices and spread with butter. Arrange sandwich fashion.

**Unbaked Pie Shell**  
1 1/2 cups mashed, cooked pumpkin  
1 cup sugar  
2 teaspoons cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
1/2 teaspoon ginger  
2-3 teaspoon salt  
2 eggs  
1 tablespoon molasses  
1 2-3 cups milk  
Mix pumpkin, sugar, spices, salt, eggs, molasses and milk. Pour into pie shell and bake 15 minutes in moderate oven. Reduce heat and bake 35 minutes in moderately slow oven. Cool and serve.

**Massachusetts Pumpkin Pie**  
1 unbaked pie shell  
1 1/2 cups mashed, cooked pumpkin  
1 cup sugar  
2 teaspoons cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
1/2 teaspoon ginger  
2-3 teaspoon salt  
2 eggs  
1 tablespoon molasses  
1 2-3 cups milk  
Mix pumpkin, sugar, spices, salt, eggs, molasses and milk. Pour into pie shell and bake 15 minutes in moderate oven. Reduce heat and bake 35 minutes in moderately slow oven. Cool and serve.

**Nut Bread**  
(With Soft Milk)  
2 cups Graham flour  
1 cup sugar  
1 cup milk  
2 teaspoons soda  
1 teaspoon salt  
1 cup chopped nuts