

OVER THE VALLEY

Phone: Mornings, Main 600

Mabel E. Morton, Valley News Editor

617 A

Have New Son—
Mr. and Mrs. Dwight Pleshman, of the Orange Hall neighborhood, are the parents of a new baby son born to them Saturday night at their home. This is the second child in the Pleshman family.

Will Have Carnival—
Members of the Pleasant Grove grange are all busy this week working for their carnival which is to be given at the hall a week from this Saturday evening, Nov. 19. This grange hall is on the market road north of La Grande and west of Summerville. All the concessions usually found at such an event and with some new, clever stunts are being worked out. The public, of course, is given a special invitation.

Weekend At Home—
Miss Jean Williams, English teacher in the Cove High school, spent Sunday in La Grande at the home of her parents, Mr. and Mrs. Sherwood Williams.

Hold Memorial Services—
Memorial services were held for John Hamann at the regular meeting of the Blue Mountain grange which was held Wednesday. Mr. Hamann was one of the long-time members of this organization, had been very active and interested in all of its phases of activity and had held a number of offices. For the literary program, Mrs. W. O. Sherwood, Mrs. R. A. Masterton and Miss Minnie Holman read instructive articles. The roll call was "The most interesting person I ever met." Two lively games in which every one participated, concluded the program. Election of officers for 1933 will be held at the next meeting which will be Saturday, Nov. 19.

To Walla Walla—
Mrs. Lou Payne, of the Cove, affectionately called "Aunt Lou" by all who know her, left Sunday for Walla Walla where she will spend the winter with her son, Ed and family, a program which has been followed for the last several years. Mrs. Payne has lived so many years in Cove that she can't quite give up her home there, so it is arranged for her to be in Walla Walla during the severer weather. Her son and wife drove into the valley Sunday for her.

In La Grande—
Mrs. Frank Wright, of the Valeria district, is spending this week in La Grande with her daughter, Mrs. Bill Helvey, while Mr. Helvey is a patient in the hospital following an operation for a ruptured appendix.

To Portland—
Mrs. Everett Wallinger of the Valeria district had been planning to leave the last of the week for Portland to visit her mother, Mrs. J. P. DeLong. However, she received a message Sunday asking her to come at once, as her mother, who had been ill, was not so well and she left this evening by train for Western Oregon. Mrs. DeLong's many, many friends in the valley are hoping that her indisposition will be of very short duration and that she soon will be well again.

Have Dinner—
The young people of the Mt. Glen neighborhood enjoyed a dancing party Friday evening at the community hall. Cider and doughnuts were served during the evening.

Postpone Aid—
Inasmuch as the next meeting of the Alico Ladies Aid was to have been a work meeting and Mrs. Maude Wallinger was in charge of the plans for the work, the meeting has been postponed until a later date following Mrs. Wallinger's call to Portland. The time of the meeting which is to be at the Alico hall will be announced later.

Dinner Guests—
Mr. and Mrs. Walter Courtright, of Stayton, and Mrs. O. B. Truesdal, of La Grande were dinner guests Thursday at the home of Mr. Courtright's sister, Mrs. Edith Courtright, of Stayton.

day at the home of Mr. Courtright's brother-in-law and sister, Mr. and Mrs. Reese McAllister. In the afternoon the Western Oregon visitors were guests of Mr. and Mrs. Bruce Clark at Alico and Mr. and Mrs. Gilbert Courtright of the Riverside district.

Have New Daughter—
Mr. and Mrs. Herman Stein who live east of Island City are announcing the birth of a baby girl into their home Sunday morning.

Leave For Meeting—
Wayne McFetridge, of Enterprise, 17, well known in this valley, and Harold Schaad, 19, of Newberg, left Saturday from Salem for Kansas City, Mo., where they will sit in the national convention of Future Farmers of America, representing the Oregon organizations. They will also be candidates for the American Farmer degree of the order. They were elected from the 1100 members in the 35 chapters in this state to receive this signal honor. Oregon members are also honored in another way in that Kenneth Pettibone, of Corvallis will preside over the deliberations being national president. Pettibone visited the P. F. A. chapters of this county during last school year.

In Salt Lake City—
Miss Zina Zaugg, of the Mt. Glen neighborhood, has gone to Salt Lake City where she will spend the winter with her sister, Mrs. Walter Perrish.

M. E. Choir At Island—
About 15 members of the adult choir of the First Methodist Episcopal church of La Grande, together with their director, Paul Knautz and accompanist, Miss Helen Williams, went to Island City Sunday morning and furnished several special numbers for the service of public worship held at the 9:45 hour.

Attends Meeting—
Mrs. Grace Wright Powers drove into the valley Monday from her home at Island City Sunday morning and attended the meeting of the Francis Brown auxiliary at the Sacajawea Inn, as well as visited with a group of her La Grande friends.

The Island City Pow-wow—
The pupils of the Island City school are publishing a school paper this year which is quite interesting. In addition to general news items there are literary productions by some of the pupils. The staff includes Barbara Wardell, editor; Susan Davis, assistant editor; Elmer Cade, business manager and Imogene Stein, art editor.

Remodels House—
Johnnie Wagener, owner of the store at Summerville is making extensive repairs on his house near the store, looking forward to occupancy of it about the last of the month. A screened porch and an outside cellar, are being added.

Called To Portland—
Ernest Bell family were called to Portland Saturday by the death of Mrs. Bell's brother.

Birthday Dinner—
Mr. and Mrs. E. D. Whitting and daughters of Mt. Glen were dinner guests Monday evening of Mr. and Mrs. Homer T. Wilson and family of May Park.

Birthday Dinner Club—
Mrs. Roy Spencer, of Geeker Lane, and Mrs. A. W. McCall of near La Grande, were joint hostesses to the members of the Birthday Dinner club Friday at the Spencer home. Nine-tcen were present besides a number of children. A splendid potluck dinner was served at 1:30 o'clock, the table decorations being suggestive of the autumn season. A feature of the social hour following dinner was a handkerchief show given for Mrs. McCall, whose birthday was Nov. 6.

Find Double Egg—
A perfect egg within an egg has been found in the hen-house of Mark Johnson, of Clatsop county. The freak egg measured nine inches in circumference. When opened it was found to contain the yolk and white of an ordinary egg surrounding another egg of usual size and shape.

Serve Fine Dinner—
Yesterday following their annual custom, the Island City Ladies Aid served an election dinner and supper at the church. The dinner which they served was par-excellent and was enjoyed by a large patronage.

Leave Farm—
The Ellsworth brothers, Fred, Jim and Ed, of the Grange Hall section, have leased the J. W. Knowles farm which is located on the west side of the Grange Hall district. Their mother, Mrs. Hester Ellsworth, and one of the brothers have moved there. The brothers are also operating the Tom Sherman farm.

Has Birthday Surprise—
In honor of the birthday anniversary of her daughter, Edith, Mrs. Victor Ragain, of the Grange Hall neighborhood, entertained at a surprise party at her home, October 27. A lovely birthday cake was a feature of the party, and the guests were very sociable time was spent during the remainder of the evening. Those who enjoyed the event with Miss Edith were Frances Richards, Francis Beale and Ed Connell.

Dinner At Mrs. Wilson's—
The dinner which Mrs. Homer T. Wilson is to serve at her home in May Park for the benefit of the Ladies Aid society of the Island City Community church is to be a week from tomorrow, Thursday, Nov. 17 at noon. All who can attend are urged to make their reservations with Mrs. Wilson or each officer of the aid as soon as possible.

Dinner Guests—
Mr. and Mrs. W. J. Hughes, of the Grange Hall neighborhood, were Sunday dinner guests of Mr. and Mrs. Earl Hughes in La Grande.

Grange Elects—
The members of the Mt. Pannic grange met Monday evening at their regular meeting and elected for the annual election of officers. The following were chosen to serve in the various capacities for next year:

- Master, O. M. Gardner.
- Overseer, B. S. Comstock.
- Lecturer, Mrs. Albert Becker.
- Steward, John Miller.
- Assistant steward, A. V. Fisher.
- Chaplain, Mrs. Annie Miller.
- Treasurer, Mrs. Lydia Lantz.
- Secretary, Mrs. Jessie Fisher.
- Cere, Mrs. O. M. Gardner.
- Planter, O. M. Gardner.
- Pomona, Mrs. Richards.
- Lady Assistant Steward, Mrs. Berisch.
- Executive committee, Ray Duncan, Albert Becker and E. E. Miller.
- Song, "My Bonnie."
- Reading, Mrs. Albert Becker.
- Vocal solos, O. M. Gardner.
- Recitation, "Splash, Splash," J. Newton Fisher.
- Piano solos, Richard Miller.
- Reading, Mrs. Albert Becker.
- Tap dance, Earnie Miller.
- Poem, Mrs. Lydia Lantz.
- Recitation, "Old Ironsides," Joseph Fisher.
- Music, Mrs. Earnie Miller, mouth-harp, piano, Richard Miller, bones, Earnie Miller.

Dinner Guests—
Mrs. J. A. Holman, daughter, Miss Minnie, and son, Ernest, of east of Island City, had for their dinner guests Friday evening, Rev. and Mrs. Bracker and Mrs. M. N. Nelson and daughter, Genevieve, all of La Grande.

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SOW GOOD PASTURE ON BURNED-OVER ACREAGES IS ADVICE OF HYSLOP

been made by Sherman county, where 40,000 cans of products, 8000 of which are tomatoes, have been put up for the needy. In Baker county successful plans for providing script have been developed. Umatilla and Union counties have made plans to purchase foods as economically as possible to reduce expenses this winter. All were interested in having adequate rations worked out in detail based on the available food supply in the communities. The extension department, sponsored by Miss Nye, state leader of Oregon State college home economics extension, is planning these balanced rations now.

Ill—
Miss Rena Choette, of Dry Creek, was ill Monday and not able to attend her classes at the Imbler High school.

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Hog Supplies About Same

Washington hog supplies are estimated to be not greatly different from those of last fall and early winter, reports F. A. Given, state college extension marketing specialist. There has been a decided decrease in the number of feeder pigs going to the country. This will be offset by a 4 per cent greater spring pig crop in Washington and Oregon, but there is a 28 per cent decrease in Montana.

Hog prices are relatively low and the seasonal decline until December will probably be less than usual. Feed supplies are larger and more evenly distributed than those of the past two years. The relation of corn and barley prices to hog prices has been in favor of feeding these grains during the summer months and is expected to continue throughout most of the winter. This may cause producers to feed to heavier weights and delay the movement of hogs to market.

The supplies of hogs for slaughter in the United States during the next several months, beginning Oct. 1, are estimated to be somewhat less than for the corresponding period last year. On the other hand, the fact that many hog products in the Corn Belt have made more money during the past several months feeding grain to hogs together with a prospective continuation of the situation in respect to breeding operations and production to the point where supplies are burdensome for the fall of 1933.

Smaller slaughter and storage supplies than last year in the United States and in Europe, relatively lower prices, prospective favorable returns from grain feeding for early fall and early spring months resulting in heavier market weights and delayed marketings are the outstanding factors in the immediate hog situation. Looking ahead for a full year relatively large supplies are in prospect for the United States beginning with October 1933.

Transplant Trees And Shrubs When Soil Workable

Strawberry plants and fruit trees may be transplanted as late as the ground can be worked in good condition, advises O. M. Morris of the state college horticultural department. The plants have a better chance to become established in the ground if they are planted early.

Fruit trees will not be injured as much as strawberry plants by late transplanting. As soon as the leaves have fallen the apple tree is ready for transplanting and the sooner the work is done the better, believes Mr. Morris.

Late Irrigation Is Advised

In the arid sections of the state, the shrubs should be irrigated in the late summer or early fall to mature the flower buds, ripen the wood and cause the plant to store up starch in its tissues.

Thus the plants will not begin the winter in a weakened condition and are less likely to "winter kill," believes J. R. Herman of the state college department of horticulture. Most of this damage is confined to the tips and immature growth of the plant. Branches lacking in starch or weakened by insect pests and disease are also likely to be killed.

ON THE AIR

- 6:00 p. m. Fox Whiteside theatre organ.
- 6:30 Farm Hour—6:31. In the day's news; 6:45. Market and crop reports and weather forecast; 7:15. F. E. Fox, "Finishing and Marketing Turkeys for Market"; 7:30. "Planting and Fertilizing Conditions in Oregon," by the state game commission.
- 7:45. Review of New Books.
- 8:00 Music of the masters.
- 8:15 Collegiate Sportlight.
- 8:30. Recital, University of Oregon School of Music.
- 9:00-9:15. Know Your State. Klamath County.
- Friday Evening, Nov. 11
- 6:00 p. m. Fox Whiteside theatre organ.
- 6:30 Farm Hour—6:31. In the day's news; 6:45. Market and crop reports and weather forecast.
- 7:30-8:30. Music of the Masters.

The key to the much discussed burned-over land situation lies in sowing a good pasture mixture which includes sod forming grasses and some perennial legumes or annual legumes that reseed themselves, believes O. R. Hyslop, chief in farm crops at Oregon State college, who recently discussed this question.

A wide difference of opinion on this subject exists among ranchers, homesteaders, stockmen and some forest officials, says Hyslop. Some argue for immediate seeding, some want reseeded to get rid of dead brush, and some believe that any grass seeding only encourages more fire later, either from dry grass or because of incendiarianism in order that more burned over land might be sowed.

Hyslop says he is "off" the usual cheap burn mixtures as being ineffective but that a good mixture sown at once is practical even where the fire has left considerable dead standing brush, old logs and the like.

"If the right kind of mixture, including some permanent sod forming grasses, is sown, permanent pasture will be established, which will do much to prevent further fires," he says. "People who plan to burn and return are making a serious mistake as the inevitable result in western Oregon is a heavy stand of fern and deep rooted worthless brush."

Among the permanent sod formers Hyslop recommends Astoria bent grass or Red Top. Where a good permanent sod is established encroachment of ferns and brush is usually effectively resisted. Good annual legumes that reseed themselves are burr clover, yellow trefol, subterranean clover, Rye and Timothy, blue grass, and white or Ladino clover are others he recommends for a Western Oregon burned-land mixture.

Pumpkins Make Good Feed for Hogs

Pumpkins are a satisfactory feed for hogs when the pumpkins are fed in addition to grain. They should not be fed to hogs that are small or to most of the winter. This may cause O. B. Sweir, instructor in the Washington State college animal husbandry department.

Adding one-half a full feed of grain to the ration increased the gains one-fourth of a pound a day during hog fattening experiments at the state college, when fed pumpkins alone, the 120 pound hogs ate 32 pounds of pumpkins a day. Adding four pounds of grain to the ration reduced the daily feed of pumpkins more than 10 pounds.

Cooking pumpkins does not increase their food value enough to warrant the extra time and expense believes Mr. Sweir. Because of the high available energy in the dry matter of pumpkins and squashes, they are considered watered concentrates rather than roughages. They are palatable and easily digested and are sometimes used as tonic feeds and substitutes for vermicifuge. As a vermifuge they are effective in relieving hogs from round worm infestation.

The seeds of pumpkins are quite high in protein and exceedingly high in fat and the seeds alone rank as rich concentrate feed. It is common opinion that pumpkin seeds are harmful and should be removed. This theory has been tested on rats and humans as well as hogs and has been proven false.

However, pumpkins can only be stored for a short time and will lose 21 per cent of their moisture content in four months, according to Mr. Sweir. The further loss from decay during this period amounts to about 5 per cent. This is under ideal storage conditions in a slightly moist, medium warm room where the temperature is from 50 to 60 degrees Fahrenheit.

Rain Fails To Dampen Spirit Of Union Voters

(Observer Correspondent)
UNION, Ore. (Special)—Rain failed to dampen the spirits of voters at Union Tuesday and even the early morning showers saw heavier voting than in previous years. The crowd started marking ballots almost as soon as the polls were opened.

A most interesting musical program was given at the regular meeting of the Woman's club last Thursday evening by Mrs. Edith Pugh and her committee. Preceding the program A. W. Nelson, of La Grande, spoke briefly on the Zorn-Macpherson bill pointing out some of the reasons why it should be referred to the election. Playing her own accompaniment, Mrs. Pugh sang "Come Union to Him" from Mandel's "Mesalash" and "Jerusalem, The Great" which she played a violin solo, "Barcarolle" from the Tales of Hoffman and Miss Eria Clark played a piano solo.

The Eastern Star will have members of the Baker chapter as guests this evening.

Mr. and Mrs. E. S. Fraser and small daughter moved here from Baker last week and he will take the place of Lee James as bookkeeper for the Farmers Co-operative creamery.

Mary Hutchinson was hostess to several of her girl friends Sunday at the celebration of her 11th birthday anniversary. A lovely three-course dinner was served at an attractively appointed table. A colorful doll lamp served as a centerpiece and two tall yellow and black tapers were used in addition to the small individual candles. Baskets of nuts and other favors carried out the color scheme.

Mrs. C. O. Wyatt came in from Molalla on Thursday and after spending the night with Mrs. Margaret Martin went on to Elgin to look after property interests.

Mr. and Mrs. G. I. Hees, Mr. and Mrs. Will Campbell and Edward Campbell spent Sunday fishing on the Wallowa river. They had fair luck.

Taking advantage of the bank holiday Mrs. F. Hutchinson accompanied by Ned Foye drove to the Wallowa section to fish Tuesday.

About 20 members of the Business Women's club enjoyed a 6:30 dinner at the Union hotel Monday evening and a special evening following. A committee composed of Mrs. Will Campbell, Mrs. Ned Foye and Miss Lorna Campbell arranged a clever vaudeville program which consisted of the following numbers: Piano solo, Miss Eria Clark; harmonica solo, Mrs. W. W. Stevens accompanied by Ned Foye; and a grand finale by Mrs. W. W. Stevens and Margaret Campbell.

Will Vogel shipped two cartons of 100 lbs. of Chicago market of the shipment.

Mrs. Elizabeth Nodine, who are planning on leaving soon to spend the winter in California, have been the guests at several dinner parties recently. Sunday evening Mrs. Mary Hutchinson, assisted by Mrs. Will Hutchinson, entertained in the home of Mr. and Mrs. J. H. Jacobs and on Thursday of this week Mrs. J. F. Hutchinson and Mrs. Mary Hutchinson will entertain at a bridge luncheon at the Union hotel.

The Union High school gained two new students this week, Harry Hicks of Washington, who enters the senior class and Victor Gamble who has enrolled for post-graduate work. The enrollment now stands at 151 which is 17 more than last year's record. Arrangements have been made for a football game to be played here between Cove and the Bobcats on Armistice day. The hour for the game to be called has been set for 10 a. m.

Mrs. Dan Hall who underwent a major operation sometime ago returned Tuesday from Hot Lake.

Mrs. Beulah Blacker and Mrs. Edith Bidwell, who had taken their pitca came over from Hot Lake Tuesday to spend the day and exercise their right to vote.

Mr. and Mrs. Carl Loening and small son, Carlton, spent each day with Mr. and Mrs. Will Campbell.

SEATTLE (AP)—Clarence S. (Hec) Edmondson, head track coach and basketball coach at the University of Washington, fell on himself on Monday before running a half-mile race in a high school meet at Moscow, Ida. he became very nervous and decided to chew gum to relieve the tension.

"Usually when one gets nervous, his mouth goes dry," Hec said. "Not only did my mouth dry up, but I absorbed the moisture from the gum. When I started to run it crumpled in my mouth, and for fear of choking, I had to breathe through my nose the entire race."

EVANSTON, Ill. (AP)—Dick Fencil, Northwestern university end, once had ambition to be a big league baseball player, but a football injury necessitated removal of a bone from the wrist, which ruined his batting swing.

Northwestern isn't worrying much about the tackle situation for next year with four 200-pound tackles on the current frosh squad.

Two-Thirds Fewer Men Could Run U. S. Because of Rise of Machines

(Editorial Note)—This is the second of two articles disclosing major results of a research now going on at Columbia university, New York, describing particularly the effects on employment of the use of machinery and its effect on machinery.)

By J. R. Brackett
(Copyright, 1932, By The Associated Press)

NEW YORK (AP)—Were the United States to use the most efficient methods of production now available, only 30 per cent of the people at present employed—between 12,000,000 and 15,000,000—would be necessary to do everything required to run the nation.

This is one "symptom" used by Technocracy, a research group of technicians and engineers working at Columbia university, to demonstrate the growth, effects and what is considered the possible perils of the machine. The research has been in progress 10 years under the direction of Howard Scott.

Tragically all of the gain in the nation's efficiency has occurred in the last century, the researchers found, man having failed to better his ability to do work in all of preceding history. "Calculating that about 38,000,000 now are gainfully employed, use of the most efficient methods now available without new inventions would reduce the number of men to 11,000,000 of them useless so far as absolutely necessary work is concerned, the researchers estimate, without even considering the 11,000,000 now jobless."

Lower cost production, Scott says that while new methods are not fully in use now, there must be an accelerating trend toward their adoption since all business activity is directed toward lower cost production—machines mean fewer men, lower costs.

When it is considered, Scott says, that most of the gain in the last century—there had been no gain up to the last century—has occurred in the last 30 years, it can be seen what the potentiality is for the future toward the rapid extension of better methods.

A man with a spade in 1830 could till only one-eighth acre of land in 12-hour day. Other crude devices, the wooden plow for instance, bettered this speed somewhat. In 1855 the reaper and mowing machine, the cotton gin, the threshing machine, he could till between 12 and 15 acres a day. Today with most modern machinery and methods, he can till about 90 acres in an eight-hour day.

It took him 5700 minutes or 96 hours to till an acre in 1830 with spades, and somewhat less time with the wooden plow. It has taken him at least that long in all history up to about 1830. Today with the most modern methods he can till an acre in five minutes.

If the wheat acreage in 1920 had been tilled with spades it would have required 4,900,000 men. The 1925 tillage actually required between 75,000 and 100,000 men, but had most efficient methods been used, 4000 men could have done the job.

The tendency toward this possible efficiency, with consequent reduction in the need for farm labor, all farm crops can be tilled about as efficiently. A few more men, with modern methods, can accomplish the whole farm process.

Efficiency The Goal
In 1830 a man could make 45 bricks in 60 minutes. Today he can make 40,000 bricks in the same time. About 87 men using most modern methods could have produced all the bricks the United States used in 1920.

Man used 60 minutes to make 45 bricks in 1830; today he needs but four seconds for the same 45 bricks from raw clay to burned bricks. Here again the tendency toward greater efficiency and smaller employment is seen, Scott says.

In 1904 the beginning of the automobile industry, one man needed 1201 hours to fabricate an automobile; by 1914 he needed 400 hours; in 1920, 92 hours; and today only 75 hours.

"The rapid gains in this modern industry, Scott says, show how rapid displacement of men with machines will be in new industries, as well as the potency of machine methods in as yet relatively simple industries.

To produce the 1920 output of auditing with methods but 25 years old—the 1904 methods—the industry would have needed 2,940,000 men; it

actually required 210,000 men. This is to say, Scott explains, that had it not been for better methods, the automobile industry alone would have afforded employment for more than 2,500,000 of the 4,000,000 seeking gainful employment that were added by population growth after 1904.

This one industry could have absorbed more than half of the new stock of workers had it not been for the machine. As it happened, Scott says, they were absorbed in new industries and other occupations up to 1927, when the maximum of all employment in the country was reached despite greater production in 1928 and 1929. Maximum industrial employment was reached in 1918. The examples cited above hold for other industries.

"The only way this almost certainly increasing burden of the unemployed can be cared for will be through the adoption of social measures designed to reduce the necessity for human drudgery," Scott says. "This is one 'symptom' of the problem; society must solve it."

TEAM HAS NO COACH
EAGLE ROCK, Cal. (AP)—Occidental college, which is a member of the Southern California conference, does not have a football coach. Instead a board of strategy functions. It includes instructor William Anderson, two assistants and two players. The board dictates the system of play and names the lineup.

"PH" AT FIRST BASE
OKLAHOMA CITY (AP)—"Pepper" Martin, speedy Calidun outfielder and third baseman, played first base in an exhibition baseball game here, just to convince home town folks of his versatility.

Grandstand seats at the Hialeah race track, Miami, Fla., have been reduced from \$2.50 to \$1 for the coming season.

Save in Using... Save in Buying...
COOKING POWDER
SAME PRICE today AS 42 YEARS AGO
25 ounces for 25¢
Double Tested! Double Action!
MILLIONS OF POUNDS USED BY OUR GOVERNMENT

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This store is headquarters for everything the band or orchestra player needs. See our big stock of instruments and accessories.
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WALLOWA VALLEY STAGES
Leave for Wallowa, Enterprise, Wallowa Lake from
UNION PACIFIC STAGE DEPOT
9:00 A. M. — 4:00 P. M.
Reduced Fares — Scenic Highway — Careful Drivers
Express Carefully Handled

BLUE MOUNTAIN BUTTER
School Day Appetites
The ceaseless activity of school children develops healthy appetites which can be satisfied in no better way than by giving them a slice of good bread spread thickly with Blue Mountain Butter. This butter is wholesome and nourishing — and all the children like its rich but delicate flavor. Give them plenty.
A 100% HOME PRODUCT
BLUE MOUNTAIN CREAMERY
1109 Washington Ave. Phone Main 60

SEVEN WAYS TO HEALTH
by ADA R. MAYNE
OREGON DAIRY COUNCIL

In searching for menus for lunches, especially for family lunch for school days, the creamed soup is deserving of special mention. Most mothers now realize that one quart of milk a day is necessary for that "margin of safety" in the nutrition of children. All of this quart of milk does not have to be used as a beverage, but serves nutritional needs just as well when used in the preparation of other foods.

Many dishes are improved, not only in food value, but in flavor too, by the use of milk. Cereal cooked in milk is a delightful change from the more usual way of using water. Creamed vegetables, baked or escalloped, puddings made of milk, ice cream and cottage cheese, are all ways of helping to use up the daily quart. The point to remember is the standard rule for health set by our leading food scientists—"a quart of milk a day for each child under sixteen years of age and a pint a day for adults."

These creamed soups are nourishing and suitable to school day appetites:

Potato Soup
2 cups diced raw potato
1 quart boiling water
1/2 cup butter
1 pint milk
1 onion
2 tbsps finely chopped parsley
4 tbsps butter
1 tbspn flour
1 tbspn salt
Pepper
Cook the potato in the boiling water until soft, drain off and keep 1 pint of the potato water, and rice the potato. Heat milk in double boiler with onion. Cook the parsley in the combine with the milk and potato, stir until smooth, cook for 2 or 3 minutes, add the salt and pepper. Remove the onion before serving.

Onion Soup
3 tbspoons butter
1 1/2 cups onions (peeled, sliced)
3/4 cup boiling water
1 teaspoon salt
1/4 teaspoon pepper
1 quart milk
Melt butter in saucepan, add sliced onion and cook (without browning) for 3 minutes. Add the boiling water, pepper and salt, and cook until tender (about ten minutes). Just before serving add one quart of milk and bring to boiling point, but do not boil. Serve very hot.

Cream of Celery Soup
2 cups celery, cut in inch pieces
3 cups boiling water
1/2 teaspoon salt
2 tablespoons flour
2 tablespoons butter
2 cups milk
1 1/2 teaspoon pepper

Cream of Tomato Soup
1/2 can or 1 pint tomatoes
2 teaspoons sugar
1/4 teaspoon soda