



VITAMIN A DEFICIENCY EXPERIMENT
 Connie Berger and Susan Moffet, 7th graders, found by experimentation that vitamin A is something everyone must have. The girls used white rats in their experiment, feeding one a balanced diet and the other the same, minus vitamin A. The deficient rat became extremely nervous, his body was sore, his eyes darkened and his fur coarsened.



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What's Cooking?
 By SARA SEWELL

My friends, Elaine Popelka and Mrs. Gillard at the Sandy Post have been asking me for some low calorie recipes. The following one is a favorite vegetable at our house. It was taught to me by my mother.

Steamed Cabbage
 For a family of four use one-half of a medium sized cabbage and cut it rather coarsely. Put two tablespoons of liquid shortening in a medium skillet and heat it on a medium burner. Add cabbage which has been lightly salted and peppered. Cook and stir until wilted. Add enough water to cover cabbage.

Cover with tight-fitting lid and cook 15 to 20 minutes until water has disappeared. Stir occasionally. Serve hot. Drops of vinegar may be individually added if desired.

During the Lenten season you would probably enjoy preparing this easy and tasty tuna casserole for lunch or supper.

Tuna Casserole
 1 can chunk tuna, drained
 1 can mushroom soup undiluted
 1 small can peas or 1 cup cooked frozen peas
 3 hard boiled eggs
 1/2 cup sweet milk
 1 pkg. crushed potato chips
 Into a greased casserole dish put in layers: Layer 1: 1/2 can of tuna, Layer 2: 1/2 can mushroom soup and about 1/4 cup of milk, Layer 3: 1 1/2 eggs cut in round slices and 1/2 cup peas, Layer 4: Crushed potato chips. Repeat. Bake in 325 degree oven for 20 minutes or until bubbly. Serves 4-6.

If you like more color you may add 1 tablespoon diced pimento and 1 tablespoon chopped black olives to each layer after adding the soup.

Church Loop Race Enters Final Week
 The races in both divisions of the Mt. Hood Church Basketball League is going down to the wire, with the lead tied in both high school and junior high divisions.

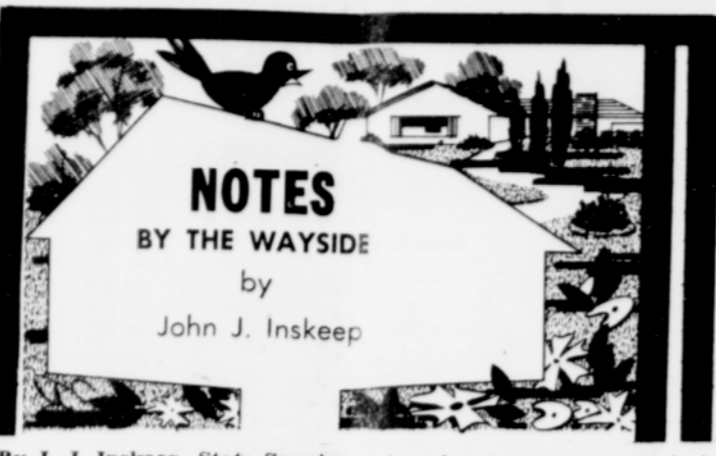
Final games are next Tuesday night. No games are scheduled this week due to spring vacations.

Last week Powell Valley trimmed Sandy Chapel, 48-28, and Clackamas shaded Valley Chapel, 40-36, in the high school division and in the junior high class, Powell Valley beat Sandy Chapel, 36-17.

Standings:

STANDINGS	W	L
High School		
Pleasant Home Baptist	6	1
Powell Valley	6	1
Sandy Chapel	3	4
Clackamas	2	5
Valley Chapel	0	6
Junior High		
Damascus	4	2
Powell Valley	4	2
Pleasant Home	3	2
Sandy Chapel	1	6

CLASSIFIED ADS BRING RESULTS



By J. J. Inskeep, State Senator
 How are we doing in Salem? I may be presumptuous as a freshman Senator, but I would predict, purely on the basis of present tempo, that this could be a session of outstanding accomplishment.

Sure we find plenty of confusion and acts possibly not too constructive here and there. It must also be admitted that we face a most critical budgetary situation. Tempers are sometimes worn threadbare by overwork, if for no other reason.

But, underneath it all is found sincerity of purpose and a telling tendency to reconcile differences and to get on with the show. This is true of individuals of both parties, to a remarkable degree.

It is also true as between industry and labor, and various interests having possible differences with state boards and agencies; this with one noted exception to date.

Let us explore an example or two. The State Sanitary Board recently requested more authority for suppression of quickie stream and air pollution situations. Industry fear-allowance of too much authority which might result in bureaucratic activity. Both sides agree that a condition needing quick attention in the public interest exists.

Impasse Eases
 The sequel to this interesting impasse finds organized industry and the Sanitary Board agreeing on policy prior to committee action. They are sure to come up with an answer satisfactory to all concerned. How much better this is than to have a knock-down and drag-out before the Senate Committee in charge.

As noted previously the same conciliatory atmosphere has been shown between organized labor and organized industry, each of which started out with sharp differences over new Industrial Accident Legislation. Senate committees have been working effectively, and so have Senate members. This is proven by the support of committee action when bills appear on the Senate floor for a vote. The House appears to be progressing very well also. I am too busy to know too much about what goes on over there.

So far, so good; but if a big ruckus breaks out before this column goes to press, just forget I mentioned the matter, please.

Uniform School Plans
 Continued from last week: Arguments against use of Uniform School Plans — Undeniably, strong arguments exist against the use of uniform plans for school buildings.

1. The plans will have an adverse effect upon the educational program. Uniform school building plans are said to stultify, restrict and regiment educational programs.

By fixing a room size or shape, or wall arrangement, or counter space, or storage area, or chalk board arrangements, such plans are said to set arbitrarily specific limits to the

educational program which is being attempted in that school.

2. Local autonomy and authority will be weakened. Through the use of state-sponsored uniform plans, crucial planning decisions are made by those far removed from the local district and not responsible to local school sentiment or officials.

3. The alleged uniform plan savings are a mirage, and what appears to be a reasonable way of saving money on architects' fees and through the mass production of parts, turns out to be illusory. Recently a community in New Jersey simultaneously sought bids on a mass produced school and on an individually planned school, both containing the same number of classrooms and adjunctive spaces. Bids were lower on the individually planned school and the contract was awarded on that basis.

With uniform plans the full architect's fee would in no case be saved; instead only a fraction of it could possibly be avoided. Any alleged savings through mass production of parts would be equally possible through modular planning and the use of prefabricated units.

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