

"Homemakers"

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Demonstration Agent

TO, THERE:

The home extension unit meetings have started again. It is to see old friends and to meet new ones. This month we are discussing "Color in the Home." The kit contains many fabrics and some ideas for introducing color into our homes.

Attendance has been good at these meetings held so far. Mrs. Mary Woodworth, Mrs. Hazel McKenzie served refreshments and tea. Mrs. Ann Porter served at the Young Homemakers unit meeting at Gold Brook. Refreshments give the members an excuse to chat a bit. It is important in any woman's life. All home extension meetings should consist of three parts: business, demonstration and recreation. Refreshments and chatting make a good form of recreation—I like it, how do you?

Are you a 4-H club member? Has he or she sent in the completed project record to the county extension office? Nov. 1 is the deadline. If you do not have the book by the date the 4-H club member will have to be marked incomplete and that member will not receive a 4-H club pin or card. We are writing each member however, "Mother" can do more for her child to complete than anything our office can do. We hope that a child should be encouraged to finish anything he or she starts. That is training for citizenship. Parents can help in training and thus help to make better citizens.

Out of a Nutshell

It is more economical to buy nuts shelled or in the shell? Well, that depends. They're cheaper and less liable to contamination when bought in the shell. However, if time, labor and storage space are to be considered, there are advantages to buying them shelled. Most housewives will consider the weight of the shell and the labor in the shelling in making her decision. At this point. Everything considered here in the west—unless there is some otherwise unused shelling available—it is probably a waste on the economical side per cent to buy them as kernels.

There is a table giving the approximate comparison between shelled and unshelled weights:

Weight in shell	Weight shelled	Notes
3 1/2 lbs	1 lb.	(3 1/2 c)
2 1/4 lbs	1 lb.	(3 1/2 c)
1 1/2 lbs	1 lb.	(3 1/2 c)
2 1/2 lbs	1 lb.	(3 1/2 c)
5 1/2 lbs	1 lb.	(3 c)
(broken, or 4 c. halved)		
2 1/2 lbs	1 lb.	(4 c)
		(halved)

from the Oils—

The flavor of nuts comes largely from the oils they contain, though some kinds do have other flavoring substances. When the oil becomes rancid this happens readily—it is the disagreeable flavor of so-called stale nuts. To prevent them from becoming rancid store them in air tight containers in a cool, dry place away from light.

School Notes

SCHOOL—

McIndoe gave a talk on grooming to the Home Livestock class, Monday. This class consisted of junior and senior girls. Sandstrom gave a demonstration of hair styling, massage, manicure, Wednesday. This class is taking notes on all talks and the members are making

notebooks to hand in at the end of the year.

The juniors and seniors heard a talk on the Red Feather organization, by H. C. Johnson, on Tuesday. He told of the different institutions for boys and girls, and what they do for these institutions. Any boy or girl who wishes may write an essay on the organization, best one to receive a small "Oscar" of the Red Feather organization. This is the first time this has been done in the state. The winning essay will appear in the Pilot.

Fifth Grade Notes

We had some visitors Tuesday.

Mrs. Akers and Hugh came in the afternoon.

We still do not have books for all the children but hope to receive them soon.

We handed out health books Tuesday.

Fourth Grade Notes

Carol Schaberg came to visit our room Tuesday. She lived in China two years while her dad was working there. She showed us how to write some Chinese words and also how to write the numbers through 20. She told us a story in Chinese, and then the story in English. We enjoyed her visit very much and wish she would stay with us and go

to school.

We have a new mirror that Mrs. Mathews brought in our room. Now we have many more clean faces and our hair is combed better.

We are getting more things on our train mural.

Our teachers is reading the Pooh Bear to us. They are fun. Ray brought nine bird nests, Gael brought one nest, Bobby brought one, Brian brought a robin's nest, Teddy brought another.

We made Columbus boat, health calendars and flags in art class. Teddy brought his bird

pictures. Many of us have have brought seeds for the chart.

We are glad to have Victor back with us after his accident.

Second Grade Notes

We have seven girls and 18 boys in the first grade.

We visited a grocery store and then made one in our room.

Some of the boys and girls have brought autumn leaves to school.

Jonnie Mae and Gerald brought a bouquet of flowers to school.

Robert Berger and Bobby Allsup are absent from school because of illness.

—Virginia Akers, reporter

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(by appointment)

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BOX 105, BROOKINGS, ORE.

THE GILLNETTERS WOULD SNARE YOU WITH THEIR NET OF MONOPOLY!!



MRS. HOUSEWIFE... when *one* small group gains control of a food product's source can you imagine what might happen to the price of that food product—and to your cost of living? Throwing out a net of high-sounding words about "resources, sports fishing and tourist dollars" the Gillnetters' Union have forgotten to tell you *one thing*.

The initiative bill for the elimination of fixed gear in the Columbia River gives to the gillnetters 90% of all the catch on the Columbia River — the remaining 10% being caught by the Indians at Celilo.

The Oregon Fish Commission in its June, 1948 report, the *Oregon Voter*, and Oregon State Planning Board, all say the same thing. Elimination of fixed gear on the Columbia River does not act as a salmon conservation project—but in reality only means that *other* gear catch more and the *gillnets* will be all that are left.

What could happen to your food budget under a virtual monopoly? What might happen to salmon prices? You have had experience with other monopolies—what is your answer?

And bear this fact in mind—if the gillnetters did not want to gain absolute control—why would they initiate this monopoly bill? Both the state legislature and the Oregon Fish Commission have the authority to regulate all gear for salmon fishing, if it were necessary.

The bill to "eliminate fixed appliances" is *not necessary* — it only puts monopolistic control in the hands of a minority group — the gillnetters.



- Vote against monopoly
- Vote against an unnecessary measure
- Vote against "high cost of living"

VOTE 319-X-NO