

Spirit of National Egg Week Should Last Year Through; Help the Industry

A HIGHLY NUTRITIOUS FOOD IS THE EGG; WHY WE SHOULD EAT MORE EGGS

Eggs Are a Tissue Building Food, Being Rich in Protein and Mineral Matter—There is No Difference in the Composition of Eggs With White and Dark Shells

(National egg week is not over. It lasts over today and tomorrow, Monday, the 7th. It is good for the poultry industry to consider the value of eggs as a suitable human food. The following matter, prepared in connection with national egg week, makes up one of the best articles in that campaign that the writer has seen.)

For many years live stock feeders have given serious attention to the problem of correct feeding and balancing rations for their animals. Why should we not give equal or greater consideration to the important problem incidental to nourishing the human body? It is most appropriate just now that the American housewife, and for that matter our entire public, should give thought to and become thoroughly acquainted with the newly discovered and distinct properties possessed by eggs as human food.

What's in an Egg?

The shell comprises about 11 per cent of the weight of the egg, the yolk 32 per cent and the white the remaining 57 per cent. The white is 85 per cent water, about 12 per cent protein, and 2 per cent mineral matter. The yolk is about half water and contains considerable fat. It has about 15 per cent protein. In composition, eggs are like animal foods, such as meat, cheese and milk. They contain practically no starch. Hence, it is desirable to combine them with cereals or vegetables in the diet. Contrary to popular belief,

there is no difference in the composition of eggs with white and dark shells.

Egg yolk is rich in mineral matter and is an important source of iron in the diet. The fat in egg yolk contains substances which stimulate growth. Therefore, egg yolk is especially valuable in the diet of children. Egg white is rich in sulphur, which is shown by the readiness with which silver is darkened in its presence.

Why Eat More Eggs?

Eggs cooked below the boiling point of water are more easily and quickly digested than are boiled eggs. Compared with other foods, eggs are easily and quickly digested.

Eggs are a tissue-building food, being rich in protein and mineral matter. They are among the first foods to be fed to little children, because they are so rich in iron and because the proteins, fats and mineral substances are especially well suited to building body tissues.

Eggs are also especially valuable in the diet of adults who are suffering from tuberculosis, or able in the diet of adults who are convalescing from an infectious disease.

In these days of intensive living, hard work and strenuous exercise everyone is concerned with the problem of finding a food which is highly nutritious, palatable, satisfying and economical. In eggs we have just such a combination.

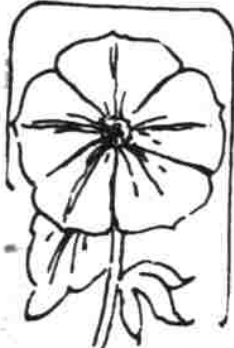
FIRST PLACE AS BEDDING PLANT IN MODERN GARDEN CONCEDED TO PETUNIA

First place as a bedding plant in the modern garden will be conceded by most gardeners to the petunia. It has won supremacy by the quality of floriferousness, which means bearing flowers abundantly. Two and a half months after the seeds are sown, petunia plants should begin to flower and once started, nothing seems to discourage them until a killing frost arrives in the late autumn.



Single Petunia

But their popularity is not all due to this quality; for no plant has developed more magnificently under the attention of breeders. Not a year passes but new colors or more splendid flowers are offered. And even the largest, showiest flowers are produced abundantly. A generation ago petunias would not have suited as a bedding plant. They are sprawly, and difficult to train. In an era of precise patterns, and soldierly rows of flowers all alike, the informal habits of this vigorous grower would have been frowned upon. But in modern gardens it has complete freedom to spread where it will, providing it supply the mass of color which it so abundantly does. In window boxes, its sprawling habit is a special merit, and so-called balcony types are bred, which drape festoons of brilliant blossoms over the box edge.



Fringed Petunia

In origin the petunia is an Argentine. Its ancestor is a small flowered, dull lavender blossom which so often makes its appearance in our gardens, from self sown seeds, even that produced by the showiest types. For this flower has a memory, and never forgets its humble origin.

The development of the petunia from this beginning, to its present brilliant array of small and large flowered, single and double flowers, some fringed, and all brilliantly colored, has not been easy. Many plant breeders have worked upon it, and many have had a part in the improvements.

It is a common experience in plant breeding, that as the forms become more refined, they lose the power to reproduce. This has been especially true of the large flowered petunias, and consequently seeds of such types are difficult to grow. In the case of double petunias, for many years they were considered to have lost their seed producing power. For giving them additional petals, nature seemed to have demanded in return, their reproductive powers. It was necessary to hand pollinize double flowers, with pollen from single varieties, in order to obtain seed which would bring any double flowers; and of course the percentage of doubles was thus much reduced.

The search for a double flower which had perfected reproduction organs was finally successful, and there are now strains of doubles which produce seeds. In all plant breeding, amazing patience and painstaking are required, but they are often abundantly rewarded.



Giant Petunia

ican wormwood, or Jerusalem oak, wormwood.

Many "Wild" Ones, Too

There are also many drug plants not under cultivation, including roots, weeds, barks, and flowers, fruits and seeds. The list is a formidable one, and nearly all of the "wild" plants are either found or may be propagated in Oregon.

DAWES PAYMENTS HELP THE FRENCH

PARIS, May 5.—(AP)—French farmers, who raised a storm of protest against the acceptance of German agricultural products as part of the Dawes payments from Germany, now take quite a different view. It was brought out in the meeting of the National association of farmers here.

Importations have run into high figures during the last three years—15,705 horses, 45,599 cattle, 244,037 sheep, and somewhat more than 900,000 tons of beet sugar. M. Etienne de Felcourt, in making the report, affirmed that the French markets had been very slightly influenced and that French agriculture had experienced real advantages from these payments in kind from Germany.

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Windham county dairyman, increased the milk flow of his six cows from 84 pounds to 110 pounds a day when he shifted over to feeding one pound of grain to every three pounds of milk produced. The extra grain cost him 34 cents a day, and the gain in milk brought him 81 cents, a profit of 47 cents daily.

NEW NEMATODE FOR CHICKENS, TURKEYS

BELTSVILLE, Md., May 5.—(AP)—Maryland producers of turkeys and chickens are concerned over the appearance of a new nematode that causes a loss of appetite in their stock, followed by a weakened and emaciated condition that results in death.

At the federal agricultural experiment station here the nematode is described as very slender and threadlike. It works into the mucosa of the esophagus, including the crop. In the early stages a blocking and enlargement of the lymph follicles is apparent and the walls of the parasitized parts become greatly thickened and non-elastic. In later stages a sloughing of the mucosa and the formation of a fibrinous pseudomembrane occur, lowering the efficiency of the digestive tract.

The nematode has made its appearance during the last two autumns, first in turkeys and more recently in chickens.

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PROPER RATINGS AND MILK YIELD

BURLINGTON, Vt., May 5.—(AP)—Advised that he was underfeeding by about 20 per cent on his grain rations, George Allen,

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DRUG PLANTS UNDER CULTIVATION AS LISTED BY OUR UNCLE SAMUEL

There is a Revised Bulletin, Issued by the United States Department of Agriculture Which Gives Directions Concerning the Growing, Harvesting and Treatment of the Plants Needed in the Crude Drug Trade, Which May be Grown and Supplied by the Farmers

(The United States Department of Agriculture recently revised its Farmers' Bulletin 663, which was issued several years ago, entitled "Drug Plants Under Cultivation.")

"Interest in the possibility of deriving profit from the growing of drug-plants is increasing yearly," says this bulletin. It mentions the fact that annually large sums of money are expended for crude drugs imported from foreign countries, where they are produced under conditions of soil and climate resembling those of many localities in the United States; and increased attention is being directed to the home supply.

"At the close of the year 1919 (after the war) there existed a general and widespread shortage in botanical crude drugs, and prices in consequence had reached unusually high levels," says this bulletin. (The prices are still generally high.)

Following is a list of drug plants, made up in this bulletin "to give information concerning their culture which may be helpful to persons who are considering the production of drug plants on a commercial scale." (Lack of space forbids anything but a bare mention of the plants. Following is the list:

Aletris, the star-grass, or true

unicorn root; aconite; althaea, or marshmallow; angelica; anise; arnica; belladonna, or deadly nightshade; blue flag; boneset; burdock, calamus, or sweet flag; calendula, or pot marigold; German camomile; Roman or English camomile; camphor tree; cannabis, or Indian hemp; caraway; cascara sagrada. In cultivation the trees are pruned annually, and thus a crop of bark harvested each year, instead of killing the whole tree, as is done in the wild state, which is making it necessary to make plantings, which is now being done in British Columbia, and will no doubt be done in Oregon for there is nothing "just as good." Castor beans, catnip; conium, or poison hemlock; coriander; dandelion, digitalis, or foxglove; dill; echanacea; elecampane; fennel; gentian; ginseng; godenseal; henbane; horehound; insect powder flowers; larkspur; lavender; licorice; lobelia; lovage; melissa, balm or lemon balm; orris; parsley; pennyroyal; peppermint; pinkroot; pokeweed; safflower; American saffron, or false saffron; saffron, or true saffron; sage, seneca snakeroot; serpentaria, or Virginia snakeroot; spearmint; stramonium; Jamestown weed, or Jimson weed; tansy; thyme; valerian; vetiver, or cuscus grass; wintergreen; Amer-