



## OREGON HAS GOOD SUPPLY

### SHERMAN, WASCO, UMATILLA AND UNION COUNTIES BECOME CENTERS OF UNMIXED PLANTING GRAINS.

Planting pure wheats selected by each experiment station officers and keeping the seed stock unmixed made seed supply centers of Sherman, Wasco, Umatilla and Union counties, reports G. R. Hyslop, professor of farm crops at O. A. C. Farmers and county agents of these counties who recognized the value of pure varieties obtained small seeds from the Moro and the Eastern Oregon branch stations, which have since multiplied until they have their own enough seed in the aggregate to plant the entire Oregon crop without danger is that other farmers who could greatly increase their yields by planting it may not do so, that case the unused portions would have to go into the mills, while the farmers still plant impure varieties.

Thousands of dollars are lost to farmers every year, explains Professor Hyslop, by having their crop graded down because of mixtures. Higher grade wheat must be almost or rather free of mixtures. Otherwise it is graded down, however, fine quality, and a lower price is the result.

Lists of the seed supply are to be had in the offices of the county agents of these counties, from whom information as to varieties and the amounts may be had on application. The best listed are certified by the state department of the college.

### BUENA VISTA NEWS

Mr. J. C. Christensen, who was brought back from the Salem hospital last Thursday, is not getting up as well as her friends would hope for and it is hoped a change will soon come for the better. Alfred Loy returned Saturday from officers training camp at Presidio with the threshing force of G. Anderson.

Will Torry, who just recently sold a large wheat ranch near Palouse, Washington, has purchased a well timbered 100 acre on the Albany, Corvallis road. He is a cousin of Mrs. Reynolds and have been living in tents until a suitable place could be found and agree no better place could be found than in the Willette Valley.

A. Reynolds and wife, Edgar and wife motored to McMinnville Sunday and spent the day with friends.

Miss Tucker of Salem, spending the week with her sister Mrs. Perry Wells.

G. A. Wells and Oscar Moore and Ed Lichty went to Sheridan Monday where the two former gentlemen purchased an 18-horse power engine which will be used on their thrashing machine and the thrill of the whistle will be welcomed by the people.

J. K. Neal and wife were business transactors in Corvallis Thursday.

D. W. Nickells and family Sundayed with relatives near Amity.

Mrs. Sherlock, who has undergone two serious operations at the Saint Vincents Hospital in Portland and is getting along as well as could be expected.

J. A. Reynolds and John Loy were filling cars with hay at Parker Station several days last week.

Frank Fisher and family came up from Portland Saturday for an over Sunday visit with Frank returned Sunday evening but Mrs. Fisher and little daughter will remain for more definite stay.

Mr. and Mrs. Nelson Amerson came up from McMinnville in their Dodge Lemosene Sunday and spent the day at the R. Peterson and N. C. Anderson homes.

Dorothy Ruth is spending a few days at the R. E. Prather home.

### WOOD! WOOD! WOOD!

Slab wood may be purchased from the Siletz Lumber & Logging Company, whose mill is now in operation at Hoskins. By placing your order with the Independence Enterprise, delivery will be made promptly within a few days. Order now and save paying more this winter. Wood is dry.

### DAIRYMEN NOTICE

The Amity Condenser is paying top prices for milk; their wagon meets the eight o'clock train every morning and returns the empty cans every evening. They pay twice each month. Where extra set of cans are required they will furnish them. It will pay you to send your milk to Amity. This plant will continue to operate for 12 months at least and the present outlook indicates continuous operation.

### HOLLY MILK & CEREAL CO., Inc.

Sanitary, comfortable and up-to-date is the Independence Bakery and Restaurant. For a meal you could find no better place in town.—Now open.

## THE HOUSEWIFE AND HER BUSINESS

(Special Information Service, U. S. Department of Agriculture)

### Desserts Composed Entirely or Largely of Fruit are Quickly Made and are More Appealing in Summer Than Heavy Sweet Dishes; Recipes for Some Good Summer Desserts.

With fresh fruit in plenty the housekeeper's problem of what to serve for dessert should not prove difficult. She can take a vacation from dessert making and at the same time serve her family with delicious, refreshing desserts. Make the most of the fresh fruit while it is in season. All ripe fruit contains sugar and by using it the craving for sweets can be satisfied without using much cane sugar. The family will be better off without rich desserts for a time.

What better dessert is needed than a slice of cold watermelon or a half of a delicious cantaloupe? It is more custom that makes people feel that a bowl of fresh fruit—pears, peaches, or plums—are not as good served in their native state for dinner as they are for breakfast. A return to sim-

pler. Let it stand ten minutes. Add boiling water, cool, add coconut. Let it stand in ice water until it begins to congeal. Mix into the gelatin the well-beaten egg whites to which the sirup has been added. Let it stand until firm. The coconut may be omitted if desired. Serve with cream or with a very thin custard.

### Baked Bananas.

Baked bananas served with raisin sauce make a good dessert. Select firm bananas. Remove the skins and split lengthwise. Place in a pan and coat over with corn sirup. Bake until the bananas are soft. Serve hot with a raisin sauce made as follows:

- 1 tablespoon butter.
- 2 tablespoons sugar.
- 2 tablespoons corn starch.



When in Doubt as to What a Hot Weather appetite craves, serve fruit

plum desserts would be of advantage both from a dietetic and economic standpoint.

But, a voice protests, "we grow tired of fresh fruit day after day." For the person who wishes a change from fresh fruit, the following desserts may please. They are easily made and as easily digested—two good points during the hot season. They may be used to alternate with the dessert of uncooked fruit.

### Baked Pears.

Select firm pears, halve and remove the seeds. Put in a baking pan with a little water, cover, and simmer over a low flame until partially tender. Add 1 tablespoonful of corn sirup or 1 teaspoon of sugar to each pear half, and transfer the dish to the oven, allowing the pears to bake slowly until tender. A piece of ginger root may be cooked with pears in the sirup if the flavor is desired. Pears baked in this way, cooked down until the sirup is very thick, are delicious served with a cornstarch mold. This may be sweetened with sirup also.

### Baked Peaches.

Select firm peaches, wash carefully to remove the fuzz, and cook whole without removing the stones. Add a little water and cook until the peaches are somewhat tender. Split, add a little water and cook until the peaches are somewhat tender. Split, add 1 tablespoon of corn sirup and bake in the oven, or add 1 teaspoon of sugar for each half peach.

### Baked Apples.

Whole apples with the cores removed may be cooked in the same way. The hole left after the core has been removed may be filled with raisins and nuts if desired.

### Snow Pudding.

This dessert is very attractive for a summer day.

- 8 tablespoons gelatin.
- 1 cup corn sirup.
- Two tablespoon cold water,
- 1/4 cup lemon juice.
- Three egg whites.
- One cup boiling water.
- One cup of cocconut.
- Pinch salt.

Soften the gelatin in the cold wa-

ter. 1/2 cup seedless raisins.

- 1 cup boiling water.
  - 1/4 teaspoon salt.
  - 1 teaspoon vanilla.
- Mix the cornstarch with a little cold water, blend with other materials, except the vanilla, which should be added just before serving. Cook 15 minutes.

### VEGETABLES AND FRUITS NEEDED IN CHILD'S DIET

Both vegetables and fruits supply the body with iron, lime and other mineral matter, and some protein and body fuel as well as mild acids. They are particularly necessary in the diet of children. They should be served at least once a day, as they help to keep the bowels in good condition. Vegetables may be used as flavoring for soups and stews, may be added to milk or meat stews, or served with meat gravy. If gravy is used, do not have it too fat nor make it with scorched fat.

Young children may be given the young and tender parts of celery and lettuce, a satisfactory way of serving them being in the form of sandwiches. For this purpose salt slightly and chop or cut the celery into small pieces.

### Vegetables Need Cleaning

Wash all vegetables with great care, whether served raw or cooked. Scrub large vegetables, such as potatoes and carrots, with a brush. Greens should be washed leaf by leaf under running water, or in a large amount of water, until free from grit and visible dirt. In the latter case any sand which clings to them is likely to sink. To prevent it from again getting on the vegetables lift them from the water instead of pouring the water off.

Serve most vegetables when cooked as a separate dish, either steamed, boiled baked or stewed. If the supply of fresh vegetables is not generous, use with them the juice in which they are cooked, as far as possible, or put it into soups or stews.

Experience has shown that vegetables, particularly green vegetables, are at their best when cooked

until tender, but not until completely wilted. Spinach requires from 20 to 30 minutes cooking.

Vegetables may be served either quite simply seasoned with salt or with a little milk, cream, or butter, to improve or vary the flavor. Oil may be used to dress greens instead of butter. These simple methods are better for children than complicated ones like frying or calloping. For the smallest children, chop finely such vegetables as greens, and if the tougher portions of other vegetables such as the skins of green peas, are found to disagree with a child, remove them by putting the cooked vegetable through a sieve. Do not give small children such vegetables as raw radishes or cucumbers, which might easily be swallowed in large pieces and not digest well.

### Benefits from Fruits

Fruits are also very important in the child's diet. They supply mild acids, and they are important for their laxative effect, and no doubt for other reasons. This laxative effect is well recognized in the very general use of prunes, orange juice, and apples. Fruits like the vegetables, have mineral elements which the body requires. Serve fruits in some form at least once a day. In general, follow the same rule as for vegetables in deciding in what form they should be served.

Fruit juices and the pulp of cooked fruit, baked apples and pears, and stewed prunes, for example, are safest for children. Whether the skins are given depends partly on the age and health of the child and partly on the way the fruit is prepared. If the skins are very tender, except with very young children. When apples and pears are baked the skins can be made tender by frequent basting.

## SOON MAKES BIG SUPPLY

THOUSANDS OF BUSHELS PROPAGATED FROM HALF BUSHEL SELECTED BY EXPERIMENT STATION OFFICER.

From a half bushel of pure forty-fold wheat selected by Robert Withcombe, superintendent of the Eastern Oregon branch station, Union county farmers have propagated almost 30,000 bushels of clean, unmixed seed wheat. Its purity and fitness for planting have been certified by G. R. Hyslop, chief of farm crops at the agricultural college.

Planting mixed wheats costs Oregon farmers many thousands of dollars every year, says Professor Hyslop. It results in mixed crops, which are graded down from first grade to lower, with a severe cut in price. By planting pure seed on clean ground this loss could be prevented, and in some cases at least a higher yield obtained.

Farmers in Umatilla, Wasco and Sherman counties also have obtained pure seed stock—Turkey red and white hybrid—through county agents from E. R. Stephens, of the Moro Experiment Station. They have been this small stock unmixed and multi-

plied it until many thousands of bushels of these choice varieties are available for seed.

If the seed is taken by other farmers and planted this fall the value of the Oregon wheat crop for 1920 will be greatly increased. If not, the unplanted portion will simply be turned over to the mill with a big loss to farmers who plant mixed grains.

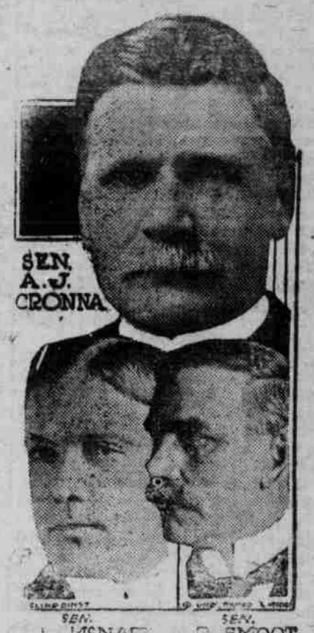
The seeds selected by the station men are multiplied by the farmers working with county agents, and the fields certified after careful inspection by farm crops specialist of the college. Lists of varieties and amounts may be had by applying to the county agents of the several counties.

### NOTICE OF FINAL SETTLEMENT

Notice is hereby given that the undersigned Administrator of the estate of Huldah J. Bennett, deceased, has filed his final account in the county court of the State of Oregon for Polk county, and that Monday September 8th, 1919, at the hour of 10 o'clock in the forenoon of said day at the county court room in the county court house at Dallas, Oregon, has been appointed by said court at the time and place for the hearing of objections to said final account and the settlement thereof.

Dated and first published August 8, 1919. J. W. BALL, Administrator of the estate of Huldah J. Bennett, deceased. SWOPE & SWOPE, Attorneys.

### OUR WESTERNERS HEAD FARM LEGISLATION

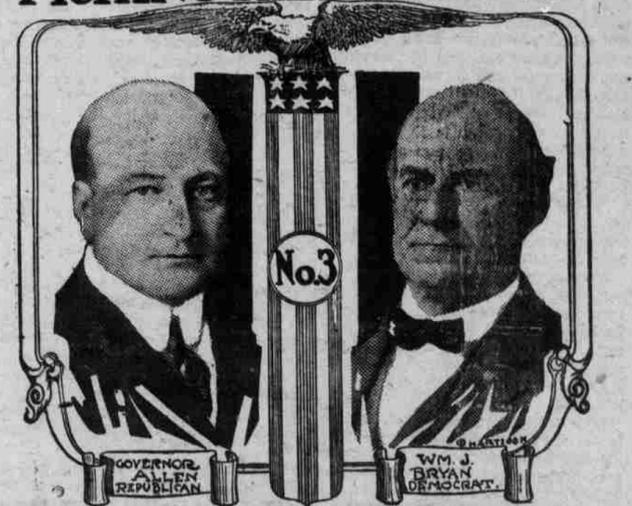


The care of farm committees in the senate in the new congress are already organized and at work on legislation vital in this period. Senator A. J. Cronin of North Dakota is chairman of the agriculture committee. Senator Reed Smoot of Utah heads the committee on public lands. Senator E. L. McNary of Oregon is chairman of the irrigation and information committee. All are

## TRY ANYTHING ONCE



## PICKING THE PRESIDENT



If the 1920 presidential race develops into a dash of the water wagons, as has been predicted by the "dry" wings in the two major parties, then available material in both ranks is obtainable. Governor Henry Allen of Kansas, elected to the office while doing war work in France, stands on a dry platform in the Republican party. His nomination might develop should the Democrats' great "dry" advocate, William Jennings Bryan, stage a comeback and dominate affairs as he did in the Baltimore convention in 1912.