

FARM REMINDERS

Oregon has approximately 3,000,000 acres of wet lands which can be reclaimed.

In sections where spring shearing is practiced, July and August are considered the best months for dipping sheep for ticks, says the Oregon Experiment station.

During 1929 Oregon county agents were instrumental in the organization of 11 drainage districts designed to give improved drainage to 4,690 acres of land.

In lawns consisting of a thick stand of grass properly kept, weeds have difficulty in getting established, and if they do, it is only a small matter to check them, if done immediately.

Sweet clover, once considered a pest on many farms and alongside the roadways, is now playing an important part in eastern Oregon's pasture improvement program, says the Oregon Experiment station.

The average commercial poultry flock suffers a loss of 10 to 15 per cent during the first laying year with miscellaneous troubles that are accepted as customary, believes the Oregon Experiment station.

PAGE, LINE AND PARAGRAPH

Cattle should not be fed within 24 hours before slaughter, though they may have access to fresh water.

Range where growing poultry has been kept continuously is likely to be in poor condition in late summer. If the range or yard is bare, the chickens should be changed to fresh land, or the soil should be spaded up or cultivated.

The type of house best suited for rabbits depends principally on the climate, but the essential features of any rabbit house, wherever located, are light and fresh air.

"INSIDE" INFORMATION

Paint or varnish spatters on glass may be dissolved with turpentine, or alcohol or may be rubbed off with a dull knife.

Has your dustpan a firm straight edge which fits the floor so that part of the dust is not brushed underneath? A long-handled dustpan saves much stooping.

Strong soap or soap powder should not be used on dishes decorated with gilt, because these cleaning materials may contain substances which are injurious to gilt.

Do you ever cook cucumbers? They are delicious when peeled, cut in halves or quarters and steamed; or cut in lengthwise sections, stuffed with a vegetable mixture, and baked.

Vary the tartness of your French dressing occasionally by using in place of plain vinegar lemon or grapefruit juice, or tarragon vinegar, or spiced vinegar from pickles.

on request leaflet 151L, containing drawing and bills of material for a rabbit house, two types of hutches, a portable nest set, and a colony-growing house.

Many brick masons say that all flues leak, but agricultural engineers of the U. S. Department of Agriculture assert that a flue can be made tight and that it should be subjected to a smoke test before a heater is connected to it.

Treatment with borax or hellebore will destroy many of the stable fly and house fly larvae that breeds in manure. Use the powdered form of borax at the rate of one pound to each 16 cubic feet of manure, and scattering it over the pile and then sprinkling it with water.

In addition, gas has come into great favor in the last few years as a house-heating fuel. Thousands of modern American homes are installing gas central heating systems because of their cleanliness, efficiency and economy.

OREGON NEWS NOTES

Madras—Construction of Texaco Oil station being rushed to completion.

Hood River—Plans completed for construction of service station and storage on corner of First and Oak Streets for Texaco company.

Klamath Falls—Private telegraph line installed between Western Union company and Shaw-Bertram mill, a distance of about three and one-half miles.

Klamath Falls—D. Frazer started construction on modern building on South Sixth street for occupancy by Briggs grocery and market.

Malin—Stock Growers Loan association installed complete filing system.

A few grains of pop corn on top of a plate of corn soup gives an attractive appearance. A spoonful of whipped cream is a good garnish for clear and cream soups, and adds to the food value.

Designs for small boys' suits originated by the home economics specialists of the U. S. Department of Agriculture combine self-help features with smart style. A free leaflet pictures and describes these suits and suggests fabrics for summer and winter wear.

Prepare spring onions this way: Trim off the green tops and cook the onions in lightly salted water in an uncovered vessel until tender. This will take about 20 minutes for fresh young onions.

GAS—THE UNIVERSAL FUEL

Majority Prefer Gas to Either Coal or Wood

Gas has become the universal fuel.

At the beginning of 1930 nearly 50 per cent of all families in the United States used gas for cooking. The statistics disclose that while 7,700,000 families use coal or wood, 875,000 electricity and 6,500,000 oil, a total of 13,700,000 employ gas.

During 1929 the American public purchased 1,130,000 new gas ranges, 900,000 oil ranges, 158,000 electric ranges and 900,000 coal or wood ranges.

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J. R. Docherty Furniture Co.

Big Store is Being

REMODELED

Watch for announcement of reopening and list and prices of new lines of

Fine Furniture

that will be displayed in our enlarged and greatly improved quarters, lines that have been selected for all kinds of homes, that will be sold at prices within reach of all.

Please remember your credit is good at this store; also that we deliver goods free.

Watch for Date of Our Re-Opening

J. R. Docherty Furn. Co.

We Deliver Without Cost, Use Your Credit.

Klamath Falls—Construction of new A. R. Agger apartment house on Eighth and Walnut avenue progressing rapidly.

Hood River—Andy Rand opened restaurant at 111 Third street.

Pendleton—Proposals will be received July 17th for construction of frame residence at Eastern Oregon State hospital, one and one-half miles west of here.

Cove—Contract awarded to J. E. Dundall for construction of new gymnasium and recreation hall.

Salem—New \$500,000 State office extension building formally dedicated.

Huntington—Lyric theater opened to public with sound equipment.

Eugene—Bids will be opened July

1st for furnishing machinery and equipment for steam auxiliary power plant.

Heppner—Public library opened recently.

Free to Public

The only place in the U.S. where articles and advertising matter covering any line of business or product can be obtained free and without obligation is the American Industrial Library.

AMERICAN INDUSTRIAL LIBRARY Engineering Building, Chicago, Illinois

The Idle Stomach—Our Most Serious Unemployment Problem

By E. V. McCollum, Ph.D., Sc.D.

Author of "The Newer Knowledge of Nutrition," "Food, Nutrition and Health," etc., Professor of Bio-Chemistry, School of Hygiene and Public Health, Johns Hopkins University.

LIVING as we do nowadays on a diet consisting largely of concentrated and highly refined foods, many persons too often overlook the absolute need for a certain quantity of "indigestibles"—food that keeps the digestive tract healthfully at work and provides the excess bulk so necessary to promote well being.

It is a recognized law of Nature that the digestive tract of any creature is adapted to suit the kind of diet to which the species long has been accustomed. And in order to obtain a clear picture of the importance of roughage in the human dietary, it might be well for us to review briefly the three types of creatures—including man—that compose the animal kingdom.

First, there is the species known as herbivores, who subsist entirely upon food of vegetable origin. These have stomachs of enormous capacity, and intestines which are large enough to contain the great residues of indigestible matter which result from a diet of coarse herbage. The lining membranes of the stomach and intestines of herbivorous animals, too, are highly resistant to mechanical injury and tolerate without damage the friction of the coarse residues as they pass along the digestive tract.

Flesh-Eating Animals Next in the scale of animal species we find the carnivora, who restrict their food solely to the flesh of other animals. In this group we find that the digestive tract is of much smaller capacity, as a result, no doubt, of long adherence to food of exclusively animal origin. Meat, glandular organs and fat, we know, are highly concentrated foods; and even a small bulk suffices to provide ample nutrients for growth and the maintenance of weight, even when much of the food consumed is burned for the performance of work or the production of heat.

While the digestive tract in these flesh-eating animals functions satisfactorily without much indigestible material on which to work, it must be remembered that the carnivora, under natural conditions, take a great deal of exercise and that the residue from their food is quite smooth in texture. Even so, many of these animals—as the dog, cat, lion and tiger—eat much bone substance, which is changed by the strong acidity of the stomach to form insoluble and fairly bulky material of a mass favorable to the



E. V. McCollum

mechanical functioning of the intestine, and thus makes elimination possible at a rate which is consistent with health. Coming now to man—the third type of species in the animal kingdom—we find that he is omnivorous. Except in the far

North, where no vegetable food is available, human beings draw their nutriment from both plant and animal life. Nevertheless, man cannot eat very bulky vegetable food in any considerable quantity, because his digestive tract is of small capacity. Neither can he safely eat of the coarser vegetables, because the lining membranes of his stomach and intestines are too delicate to withstand the scraping of the coarser particles of indigestible matter without injury.

What Cooking Does

One way in which man has attempted, and with success, to eat safely the coarser root and leafy vegetables, is through softening and disintegrating the cellulose of those foods by cooking them. The cooking process not only decomposes some of their substances classed as cellulose, but makes the remainder of the food more digestible and thus averts the after distress of eating. When some of the smaller and fugitive tribes of American Indians were forced into localities in which game was scarce and food plants not abundant, they were compelled by circumstance to eat grass seed, acorns and other vegetable foods which are coarser than humans are accustomed to eat. They suffered greatly from indigestion, and doubtless injured their digestive tracts by taking cellulose which was too coarse and irritating. They had not less than a score of "grandmother" remedies for indigestion to attest these experiences.

Common knowledge tells us that indigestible things are dangerous if eaten freely; yet it is equally clear that our intestines do not function properly unless there is a certain amount of indigestible matter to distend them to the right degree, and to form a mass which is favorable for the muscular contractions of the intestine to move along with the peristaltic waves.

Between the extremes of having in the intestine too much and too coarse cellulose on the one hand, and too little indigestible bulky matter on the other, lies the happy medium which is favorable both to comfort and health. There are many kinds of cellulose in different vegetable products. It

forms the framework and fibers of plants, the walls of vegetable cells and the coverings of seeds. In most of its forms, cellulose is insoluble in boiling water; and it is not acted upon by any of the digestive juices, though certain kinds of bacteria are capable of fermenting and digesting the cellulose of certain plants.

Bran is probably the form of cellulose which has been most discussed in connection with the improvement of intestinal hygiene through facilitating elimination. There is good reason for believing, however, that when bran is eaten exclusively for promoting intestinal hygiene, it generally is eaten too freely. If properly softened through cooking, and taken in amounts no greater than are afforded by eating the whole cereal as a breakfast food, it is undoubtedly an excellent source of cellulose.

What has been said of wheat bran and its benefits is even more particularly true of the cellulose of the rice kernel. Rice is the principal cereal grain in the dietary of more than half the human race. Those who have been brought up on a diet constantly containing rice like it better than any other cereal. We have, in America, long been accustomed to eating small amounts of rice occasionally, but we generally never have eaten it as freely as we have either wheat or corn.

Cellulose of Rice Softest

The cellulose of the corn kernel is considerably more difficult to digest and more irritating than the cellulose of either wheat or rice. Of the three, the cellulose of rice is the softest and smoothest; and for regulating the elimination of children, or of adults with delicate digestive systems, it is almost ideal as a source of bulky matter.

A few faddists doubtless eat too much of cellulose-rich foods, particularly green leafy vegetables. While we never should become extremists about any feature of the diet, it is a fact that the modern food regimen often is lacking in sufficient cellulose, and this matter of an idle stomach and digestive tract is one of the most serious unemployment problems that confronts the human race today.

They'll Enjoy Beans For A Quick Meal

By JOSEPHINE B. GIBSON Director, Home Economics Dept., H. I. Heins Company

HOW many times a dish of beans has saved the day in an emergency! This ever popular food comes to the front when supper must be hurried "so that we can get started," or when Jimmy has been sick all day and required all of mother's time, or in any of the other inevitable household emergencies which require quick meal preparations.

Oven baked beans are an excellent food from the standpoint of nutrition, as well as of taste. They rank very high in the list of foods which furnish iron to the body, and also are a valuable source of calcium, phosphorus and other minerals.

Oven baked beans may be quickly adapted to form many other delicious dishes; and the following recipes suggest a few of the many unusual luncheon and supper treats to which a can of baked beans may be transformed:

Baked Bean Souffle—Mash 1 cup oven baked beans and 2 tablespoons tomato ketchup, 1/4 teaspoon salt, 1/4 cup cream or milk, and 2 beaten egg yolks. Fold in stiffly beaten egg whites, and bake in a buttered dish for about 20 minutes. This makes a delightful fluffy dish.

Serve with cold saw, head lettuce or other green salad.

Baked Beans with Bacon—Pour can of oven baked beans into a buttered baking dish and cover generously with strips of bacon. Bake uncovered in moderate oven until bacon is delicately brown. Before sending to the table, garnish with sprigs of parsley.



Baked Bean Cutlets—Mash fine 3 cups oven baked beans. Add 1 cup bread crumbs; 2 eggs slightly beaten; 2 tablespoons melted butter; and salt, pepper, Worcestershire sauce and onion juice to season. Shape into cutlets. Dip in crumbs, egg and crumbs again. Brown in a skillet with 3 tablespoons fat. Serve with tomato sauce. (Cream of tomato soup, heated and thickened with a small amount of flour, makes an excellent, quick tomato sauce.)

Baked Bean Delights—1 can oven baked beans, 2 small onions, 2 small green peppers, 1 cup grated cheese. Mix beans, chopped onions and green peppers. Place in a buttered baking dish and top with grated cheese. Bake in a slow oven for 30 minutes.