Page Seven

### NET FARM INCOME FOR NEXT SEASON MAY BE SMALLER

It is not probable that net farm Even if gross farm income

There'll always be

a Christmas

Barbarians from across

the seas would, if they

could, banish Christmas

forever from the earth.

But there'll always be a

Christmas! May the

Christmas season of 1943

find you in the midst of a

good old-fashioned Yule

Merry Christmas from

all of us to all of you.

**O'Brien Motor Court** 

Mr. and Mrs. C. E. Lawson

celebration.

tions on the farm price and cost SEVEN FOOD GROUPS ARE KEY TO HEALTH situation, and demand and price outlook, probable trend of farm costs, and other related information.

income next year will be as great should be as great next marketing as for the current 1943-44 mar- season as this the net income probketing season, according to a re- ably will be less, according to the view of the outlook for agricul- extension service report, as there ture in Oregon in 1944 and be- are indications that costs probably yond, just published by the agri- will be higher in relation to prices cultural extension service at Ore- for farm products. Much will degon State college to assist farmers pend upon the duration of the war on production and marketing prob- and, if it should end within tht lems. The circular contains sec- year, the adequacy of whatever governmental measures are taken

to soften the fall of farm frices afterward.

Farm prices in Oregon now averagt 84 per cent above 1935-1939 levels and 122 per cent above 1930-1934. The United States general average is 26 per cent above the current "90 per cent of parity" level, the basis generally discussed for post-war price supports.

The eight-page review contains several charts and tables of data bearing on the outlook for agriculture in Oregon. These include data on current levels of production, consumer purchasing power. where the food is going, farm com modity prices, production costs and land values, employment and wage rates, income available for family living, and the cost of living.

The pattern and trend of Oregon's agricultural industry is illustrated by a new chart showing cash farm income by major sources in 1926-1930, 1935-1939, and in 1942. A copy of the complete report may be obtained free from county extension officials.

BUY MORE WAR BONDS



For Health ... eat some food from each group...every day! ROUP ON VEOETABLES .... BUTTER AND ORANGES, TOMATOES FORTIFIED MARGARINE GRAPEFRUIT .... (with added Vitamin A) cabbage or saled gr SIX BREAD, FLOUR, POTATOES AND OTHER VEGETABLES AND FRUITS AND CEREALS ....

Illinois Valley News, Thursday, December 23, 1943

## IN ADDITION TO THE BASIC 7 ... EAT ANY OTHER FOODS YOU WANT

EAT. POULTRY FISH, OR EGGS.

dried beans, peas

This is the National Nutrition Target, designed by Government nutrition experts to help people plan well-balanced meals. The idea is to include something from each of the seven food groups in the menu every day, to hit the bullseye of good health.

To help housewives tell at a make substitutions in menus. Supglance whether their families are pose you had planned a meal of getting the right foods every day, grapefruit juice, steak, green the War Food Administration has beans, carrots, potatoes, and bread designed a Nutrition Target, sci- and butter with cheese for desentifically arranged for quick sert. But you couldn't get the planning of healthful menus. With this aid, any cook easily would you substitute?

can see whether her meals contain A look at the Target gives you something from each of the seven the answer. Instead of steak, you groups of foods that scientists have might have poultry, fish, eggs, or discovered are essential for good baked beans. Instead of grapehealth. By eating some food from fruit juice, you could substitute a each group every day, a nutrition- raw cabbage salad. And instead of ally sound diet may be achieved. potatoes, you might use cauli-In wartime especially, the Nu- flower, parsnips, or summer trition Target has an important squash. The resulting meal would function. It is often necessary to still be balanced and nutritious.

## AAA COMMITTEEMEN HAVE MORE POWER

Elected AAA farmer-committee- to the committeeman system of men in the countits have been farm program operation, by which given greatly increased responsi- farmers choose their own reprebility for many important wartime sentative to advinister the proagricultural functions as a result grams.

assignment of certain duties to the Forest service, Extension service, and to other agencies working with UNDER NEW RULING the AA. Taylor views the transfer of responsibility as a tribute

juice, steak of potatoes. What

raw, dried, cooked

U.S. GOVERNMENT CHART

MILK AND

dried milk, or chees

GROUP

Ruid ave

MILK PRODUCTS ....



Yuletide draws people closer together, helps us all towards quiet friendliness and group enjoyment of days like Christmas.

A most proper time for us to express our sincere appreciation for your friendship, and to wish for you an abundance of Christmas joy.

CAVE CITY THEATER



UST as surely as there'll always he little boys and girls, and big boys and girls, too (especially around Christmastime), that surely there will always be a Christmas. Our wish for you is that this Christmas season of 1943 be the most memorable



# Season's Greetings...

If we have our way about it St. Nicholas is going to make an extra long stop at your home. No one needs to point out to us what your loyalty has meant to us during 1943. All we can say is Thank you, and Merry Christmas.

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#### PUGET TIMBER CO. OF OREGON



War or peace, a brave new world is in the making-a world in which better opportunities will be had for all. The Spirit of Progress is on the march, and we may all look hopefully to the future. At this time it is fitting that we count our many friends and recall the happy relationships of 1943. We wish all of you the choicest blessings that Christmastime can bestow.

OWL CAFE Mr. and Mrs. James Whitehead

a memorandum issued jointly by Marvin Jones, war food administrator, and Claude Wickard, sec. retary of agriculture, according to Robert B. Taylor of Adams, chair man of the state AAA committe. The jobs given AAA previously assigned to USDA war boards in clude production goal worn, in cluding livestock, poultry and dairy goals; facilitation of transportation and distribution of foodstuffs rationing and allocation of farm machinery, equipment and supplies; issuance of farm slaughter permits; farm transportation programs, including issuance of certificatts for tires, gasoline for trucks, and off-highway uses and tractor fuels; certification of pro cessors for vegetable crops. Other changes involved the re-



folks, that you've been very good to us during 1943, and right now is the most appropriate time to thank you. So thanks, everybody, and averyhappyChristmas!

Mr. and Mrs. FRED SPRAUL

Camp Muir

Elk Creek Lodge







"At Christmas play and make good cheer For Christmas comes but once a year"

CLITTERING more fantastically than the jew-U els of Aladdin's cave are the Christmas trees in the windows of this town and adjoining farm areas. Everywhere, everywhere Christmas, and the spirit which Christmas brings.

We love this town and its environs. We have grown up here and have come to regard ourselves as "a fixture." We have a great many friends, "but not a friend to spare," and at this time we want to thank them, one and all.

YES, CHRISTMAS COMES BUT ONCE A YEAR, SO IT BE-HOOVES US ALL TO MAKE THE VERY MOST OF IT. ON THE EVE OF THIS JOYOUS SEASON WE TAKE GREAT PLEASURE IN WISHING ALL OUR FRIENDS THE FULLEST MEASURE OF CHRISTMAS JOY AND HAPPINESS.



Cave Junction, Oregon