

Food Needs Flexible Say Food Savers

The recommended food allowances suggested for children of different ages have been carefully estimated, but these should be used as a flexible guide rather than a rigid rule in determining individual food requirements. Children's food needs for energy and growth are subject to wide variations, and it is important that parents realize this and learn to expect differences in appetite and in the amount of food each child requires.

Rate of growth and increasing size and weight together influence a child's need for energy and for body building materials. Another factor influencing the amount of food a child will eat is his own activity. Growth and the additional demands of activity require that children use proportionately far more energy in relation to their size and weight than do adults, and so, while one meal pattern is suitable to the whole family, each child should be permitted to decide for himself whether he needs a second or a third serving of potatoes or of other essential foods. If energy needs are satisfied with a sufficient amount of the basic health protecting foods - milk, fruits, vegetables and eggs, the factors necessary to good nutrition will be safely supplied in amounts adequate for building a sound body.

Children need easily digested foods which supply health-promoting factors along with energy in a readily available form. Whole grain and enriched bread and cereals meet these requirements and are an essential part of children's meals. The obligation to eat less bread and fewer cereal products must be primarily fulfilled by the adults in the family, but here too the need for these energy foods varies greatly. Each person, according to his need, must decide how much bread can be omitted from his

meals, but as adults can satisfy their appetites and their nutrition requirements with a greater variety of foods, the bread which we are all trying to save should be reserved as far as possible for the children in the family.

It is a good practice to make sure that young children eat the main part of their meals, the milk, eggs and vegetables, before they are allowed to fill up on bread. Children need the energy which is easily and well supplied by bread, but if eaten at the beginning of the meal this very acceptable food may satisfy children's appetites too soon, and they may not eat enough of the other foods which are important for good growth and good health.

SHEEP DECLINE NOTED ALL OVER WEST

In the debate over an appropriation for the administration of the Taylor Grazing act, Congressman Barrett, Wyoming introduced statistics to show the declines in the sheep business in the 11 western states, from 1942 to 1946. In those four years, the greatest decline of sheep on farms was in Oregon, where they dropped from 1,557,000 to 800,000 heads, a decline of 44.1 percent. The second heaviest decline was in Washington state, where sheep dropped from 583,000 to 350,000, or 40 percent. The average for the 11 western states was a decline of 28.8 percent.

—BUY BONDS TODAY—

ARGUMENT ON OVER SALE OF SCRAP TO JAP

Mr. Ickes, as a commentator, took a shot at Senator Tydings, of Maryland, and said he advocated selling scrap to Japs before the war probably at the behest of a constituent. Mr. Ickes avoids any mention of the demands which were sent to the Administration, by senators from the Pacific Northwest labor unions and ordinary citizens against the scrap deals. Mr. Ickes knew of these protests from the west coast for they were discussed at cabinet meetings. The administration, however, was then "baying along" the Japanese and permitted the little brown men to purchase all the old iron they could find in the United States. The Japs bought an entire steel plant and shipped it from the mid-west through Seattle.

Complaint comes that in Washington State, there are several rock crushers which are surplus property. Counties which need a crusher to initiate a road program, have been informed that ex-service men have a priority

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YOUR TAXES

Harley L. Lutz, Professor of Public Finance, Princeton University

Taxation or Inflation

In the financing of governmental activities there is a choice between taxing and borrowing. Although the borrowing may be from individuals, yet when it is done on a large scale, the banks are almost certain to be involved, either through the direct purchase of government securities originally sold to individuals. The expansion of bank loans to government is the true source of the condition known as inflation—thus the choice of financing methods is, in essence, one between taxation and inflation.

Taxation is the taking of private wealth for public purposes without the obligation to give the taxpayer an equivalent value in services or otherwise. Inflation is the creation of purchasing power through an expansion of the media of payment.

In other words, inflation involves burdens as does taxation. In the broadest sense it may be called another form of taxation, in that it is a means of taking private income or wealth for public purposes without the obligation to give an equivalent value to the individual.

The plain truth is that the operations of government always involve a burden. This burden is the necessary price of having government and of having it perform certain services. The nature and the extent of these services and the quality of their administration determine their cost. The people must pay this cost, in one way or another. The essence of democratic control of government is that the people are presumed to balance the burden of the cost against the benefits of the services. As the burden rises and the benefits from additional services diminish, a balance is reached at which the activities

of government are checked. Such a technique of expenditure control will operate far more effectively under taxation than under inflation as the principal source of public funds. The effect of taxation upon the disposable income of the citizens is clear and easily perceived.

The people must carry the cost of government as a current burden, however the funds may be provided for paying the bills. The employees and the beneficiaries of the state are supported by receiving a share of the goods and services currently produced. They obtain this share by spending the money incomes received from the government, and the government obtains the money to make these payments either through taxation or through some form of credit inflation.

The whole course of history and experience demonstrates that it is far better to use taxation than inflation for the purpose of sharing the current product. And in exercising this choice, the people are in the best position to decide how far it may be worth while to go in the endeavor to increase the total output of goods and services. The measure of prosperity and well-being is the effort devoted to production and the output resulting from effort. Such government as may be necessary should be paid for in a manner least detrimental to productive effort. Taxation rather than inflation is the safe and sound way to pay the bill.

not against the veterans, but the surplus property administration, for what does a veteran want with a rock crusher?

The Grass Valley Grain Growers will accept sealed bids for three 3000 bushel grain bins, as set up at Kent, until Tuesday June 25, at two o'clock p. m. The grain growers reserve the right to reject any and all bids.

A. A. Dunlap, manager

T. Lester Johnson
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Mrs. John Pezzetti and children Linda and Johnny, of The Dalles were visitors at the W. D. Barrett home Monday afternoon until Tuesday morning.

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