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The Judge:— Every Court Should Have One — By M.B.

WHAT PRICE HEALTH

VALUE of health may not be reckoned in dollars and cents. Two thousand years ago there was perhaps some excuse for the gastronome, but today there is none. The way to health lies in a balanced diet. Hippocrates, the father of medicine, figured along the same lines back 450 B. C. He expressed the belief that the science of medicine had its beginning in the efforts of man and women to find better and smoother diets.

Diet in the home today is becoming a matter of premier consideration. Women are taking cognizance of those important food elements known as vitamins. They have learned, also, the benefit to the human body of such minerals as iron, calcium and phosphorus.

This knowledge has resulted in the housewife planning her menus with an eye open to dietary values, which is the big reason why milk has assumed such a large place in the menu of the American family. Milk contains every structural element for body building. It is an almost perfect food. Despite the best refrigeration facilities, milk will keep sweet only a short time. Millions of American housewives have solved this big problem by using evaporated milk, which is simply fresh cow's milk sterilized in cans to achieve keeping qualities and with sixty per cent of the water removed.

Evaporated milk is not the same as condensed milk, although many persons confuse the two. The condensed product is a combination of milk and sugar cane in a two-fifth cane sugar and three-fifth milk proportion. Evaporated milk has nothing but water taken from it and nothing at all added. Sugar is the preservative used in manufacturing the condensed product, while heat only is the preservative for evaporated milk. For this reason the evaporated product may be used in any way in which market milk is used.

EZRA MEEKER TRAIL HEAD

Famous Pioneer to Seek Markers Along the Route.

New York, N. Y.—Ezra Meeker, 95, sole survivor of the Oregon trail blazers of '52, attained an ambition for which he has labored many years when the Oregon Trail Memorial association was organized, and he was elected president.

The association will ask congress to authorize coinage of six million memorial half dollars, to be sold at a dollar each so monuments can be built and maintained along the old Oregon trail, its history written, and relics of the covered wagon days preserved.

Chauncey M. Depew was made an honorary vice president.

La Follette Wants Correspondence.

Washington, D. C.—Senator La Follette, Wisconsin, republican, introduced in the senate a resolution asking the department of state to furnish the senate all correspondence and papers between the Mexican and the United States governments prior to the recognition of the present Mexican government.

Mrs. William Bell sold her 109-acre ranch, located a few miles south of Salem, to John J. Roberts, the consideration being \$40,000.

Sheep men from all sections of the state attended the 29th annual convention of the Oregon Wool Growers association in Pendleton.

A flax growers' meeting was held at Aurora Tuesday night for the purpose of interesting farmers in the vicinity in the flax-growing industry.

The new state highway bridge over the McKenzie river a short distance below the old Hendricks bridge near Waterville was opened to traffic.

Mike Makahus, track walker for the Shovel-Hixon company, was killed instantly when hit by the branches of a falling tree near the company's logging camp south of Bend.

The American Legion will hold a district meeting in Baker February 18. Included in this district are Burns, Canyon City, Prairie City, Baker, Huntington, Ontario and Vale.

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SHERMAN COUNTY OBSERVER

Reduced Rates

From and after this date the subscription price of the Sherman County Observer will be One Dollar per year when paid in advance. When not so paid, the subscription rate will be Two Dollars per year. All earned arrears will be payable at the old rate.

This new subscription rate applies to any part of the United States. You can now send the Sherman County Observer to your friend back East at less cost than you can write a series of 52 letters and pay the postage on the written messages.

Any subscriber to the Sherman County Observer can secure advantage of this new rate by remitting for the paper for one year at the new rate and paying for what arrears he may have at some later date.

All subscribers who now have their subscriptions paid in advance will be extended at proportionate ratio to the time paid.

"Sherman County's Family Paper."

NO TIME LIMIT TO THIS OFFER!

Caloric Requirements of the Child

DIETITIANs declare that the average boy or girl of four years should receive about forty calories a pound of body weight per day. The average weight of a child of four years is forty pounds. Therefore the total caloric requirement would be approximately 1,600 calories. Caloric is merely the name for a certain measure of heat derived from the burning of food.

Necessarily, the caloric requirement of the child is dependent on his temperament, since a child who plays hard and long requires more nourishment than one who leads a quieter life. Rate of growth also has a bearing on caloric requirements. The child who is growing rapidly should be given more food to meet his caloric needs than the boy or girl whose growth is normal.

Mothers know the daily diet should consist of the essential foodstuffs, protein, carbohydrates, fats, minerals and water. The important thing for her is to learn the foods that contain these essentials in a balanced diet. Below is a well-balanced menu for any child six years old compiled by an authority on home economics.

ONE DAY'S MENU FOR SIX-YEAR-OLD CHILD.

Breakfast.	
4 steamed prunes	120 calories
1/2 cupful cream of wheat	55 calories
Served with half cream (8 tbs.) and half evaporated milk	140 calories
1 slice buttered toast	150 calories
1 cup cocoa made with evaporated milk	150 calories
645 calories	
Luncheon at School.	
Baked potato and butter	200 calories
1/2 cupful spinach	25 calories
1 baked apple (1 tbs. sugar, 1/2 tbs. butter)	200 calories
1 glass milk	150 calories
1 slice bread buttered with 1/2 tbs. butter	100 calories
585 calories	
Afternoon Luncheon at School.	
1 orange	100 calories
Dinner.	
1 small piece broiled steak (3 1/2 x 3 1/2 x 1/4)	75 calories
1/2 cupful mashed potato	100 calories
2-3 cupful lima bean soup made with evaporated milk	75 calories
1 glass milk, orange drink	100 calories
510 calories	
Total 1,740 calories	

Children often become wearied of drinking plain milk. Mixing their milk with fruit juices is a welcome change. Following is the recipe for a refreshing milk drink: Mix 1/2 cupful orange juice, 1/4 cupful evaporated milk, three teaspoonfuls of sugar, 1/4 teaspoonful of lemon juice and a few grains of salt. Shake well in a fruit jar before serving.

The public service commission dismissed the application of the Bear Creek Boom company for a franchise on the waters of Bear creek and its tributaries in Coos county.

Twenty-eight persons met violent death in Multnomah county in December, according to the monthly report prepared by Coroner Smith. Suicide predominated, ten persons ending their lives.

OREGON GASOLINE TAX LAW UPHELD

Portland, Or.—Federal Judge Wolvertson upheld the validity of the state's gasoline tax for auto users when he dismissed the suit of the Portland-Seattle Auto Freight Co. and a long list of other truck firms which had been brought against Secretary of State Koser, alleging that the 3 cent tax is illegal and in violation of the federal constitution, since it apparently interferes with interstate shipments of goods.

In the suit, the truck operators asked the return of \$5,000,000 which they said had been collected illegally through the gas tax.

The truck men maintained that when the state levied a gas tax, applying the proceeds to the construction and repair of rural post highways, along with the reducing of bonded indebtedness on such roads, then the state violated the federal laws which prohibit the taking of tolls on such roads.

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