

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

**The low-cost balanced diet.**

The cereals, whether used as porridge, hominy, bread, or muffins together with milk, form the basis of the low-cost balanced diet. Cereals and bread are the cheapest forms of energy-giving or fuel foods, necessary to keep the body warm and to give it power for work. They also contain body building substances, and whole grain cereals are rich in some minerals and vitamins. Milk, also an inexpensive food, because it furnishes more of the food elements required in a balanced diet than any other single food, is an excellent supplement to the grain foods, making up for the deficiencies in them.

The use of wheat in the low-cost balanced diet is to be recommended. Whole grain wheat, also cracked, can be used most economically when ground at home too, by grinding in a food chopper cleaned, soaked wheat, and whole grain should be washed thoroughly and soaked overnight before cooking, using two cups of water to each cup of wheat. It can be cooked directly over the heat or in a double boiler. Each cup of dry wheat will make about three cups when cooked. The following recipes combine wheat with milk and other dairy products, thus assuring a nutritious and palatable dish, which can be used as the basis of low-cost balanced meals.

- Whole Wheat Chowder**  
2 cups diced carrots  
1 pint boiling water  
1/2 cup diced salt pork  
2 tablespoons flour  
4 tablespoons chopped onion  
1 quart milk  
2 cups cooked whole wheat  
1 teaspoon salt and pepper  
1 tablespoon chopped parsley  
Cook the carrots in boiling water till tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in fat. Stir in flour and cook a few minutes longer. Mix ingredients in upper part of double boiler, stir until well blended, and cook about 10 minutes.
- Escalloped wheat and cheese**  
3 cups cooked cracked or whole wheat  
4 tablespoons butter  
4 tablespoons flour  
2 cups milk  
1/2 cup grated cheese  
1/2 teaspoon salt  
Buttered crumbs (1/2 cup crumbs and 1/2 tsp. butter.)  
Heat milk in double boiler. Melt butter, remove it from heat and stir in flour. Add this mixture gradually to heated milk, then add cheese, stirring until mixture is smooth. Add salt. Place cooked wheat and cheese sauce in alternate layers in a buttered baking dish. Top with crumbs. Bake uncovered in moderate oven about 1/2 hour or until top is browned. Cheese may be added separately to each layer instead of to white sauce.
- Whole Wheat Custard Pudding**  
4 eggs  
4 cups hot milk  
1/2 cup sugar  
1/2 teaspoon salt  
1 teaspoon vanilla  
2 cups cooked cracked or whole wheat.  
1/2 cup diced dried prunes, raisins or other dried fruit  
Beat eggs slightly, add all other ingredients in order given and mix thoroughly. Bake in buttered pan in moderate oven until a knife inserted in the center shows no liquid. Best results are obtained by placing baking dish in pan of hot water in oven.
- Whole Wheat Muffins**  
1 cup sifted flour  
1/2 teaspoon salt  
2 teaspoons baking powder  
1 cup cooked whole wheat  
1 egg  
1/2 cup milk  
1 tablespoon melted butter  
Sift dry ingredients together, add wheat, mix thoroughly. Beat egg, add milk and stir into dry ingredients with butter. Pour into buttered muffin pans and bake in moderate oven about 30 minutes. Serve hot.

**On Oregon Farms**

Dallas—Grange agricultural committees of Polk county have started a project this year designed to stimulate the seed production industry in that county. Each grange is to choose at least one particular seed crop to be tried out by one of its members, to determine whether or not it has possibilities as a cash crop. Possible crops discussed included seed flax, buckwheat, corn, vetch and certain flower and vegetable seeds. County Agent Beck, leader in the grange agricultural committee work, is assisting with the project.

UNION—What is believed to be the first conclusive experimental evidence of profitable use of phosphate fertilizers in eastern Oregon soil has been obtained from a series of trials at the branch permanent station here. Over a 10-year period phosphates have given increased average yield of six bushels of wheat per acre. Tests show that the light textured grain of Union county is low in available phosphates. The chemical analysis of the soils of the Grande Ronde valley soil survey has now been completed, giving further guide fertilizer practice in this region.

TILLAMOOK—Feed dealers here estimate that dairy feed purchases increased approximately 20 per cent in 1932 compared with the high-water period of 1928. At the same time cost of butterfat production in 1932 by those keeping records was up to 35 cents compared with 33 cents in 1931, six dairymen showing costs below 30 cents this last year. Use of roots from freezing was heavy in December, but many continued feeding successfully for some time after the freeze, on advice of a county agent.

CARLTON—A stem or crown appears to be causing considerable loss alfalfa stands in Yamhill county, according to examination made by S. White, county agent. Fields affected appear to do well in the spring, produce a good first crop and then fail to send out later growth, many plants appearing dead in the fall.

Hillsboro—Fruit growers in this county are apparently carrying on a normal amount of pruning this year despite the low returns from cherry crops the past season, reports County Agent W. F. Cyrus. Fruit growers realize that consistent pruning every year is preferable going into the orchard occasionally-time pruning tests have recently been started by some growers to compare the results in yield and

group of interested growers through which to try out new varieties, keep them free from disease and release them to the public only after they are proved out.

Rickreall—The Farmers' Union Oil company of Polk county reported total business of \$23,263.35 in its first 10 months operation, at the annual meeting just held. Some 60 stockholders attended and received their second patronage dividend. Arrangements were made for other farmers to join the oil company and the Farmers' Union by assigning their patronage dividends in payment for a share of stock and annual dues. The company serves farmers in both Polk and Marion counties.

Oregon City—Baskets for 200 unemployed families packed by Clackamas county relief workers recently included enough provisions to last three days, according to Thelma Gaylord, county home demonstration agent, one of the relief committee. Included in the basket were five lbs. of powdered skim milk and five lbs. of cracked wheat with a sheet of recipes for the use of these two products. The basket also contained meat, potatoes, canned tomatoes and string beans, celery, onions, sugar, cocoa, dried prunes, orange candy, and several tins of fruit canned in the canning kitchen last summer.

Prineville—How she improved her kitchen with little cost is told by a Crook county homemaker as follows: "I made more drawers for silverware and such things. Also, I attached a table to the wall. When it is closed up it makes a door to a cupboard in which I keep dishes that are needed when the family eats in the kitchen. When the table is let down it serves as a breakfast nook table."

The First Oregon State House  
The first Oregon state house was built with posts set upright, one end set into the ground, grooved on two sides and filled in with poles and split timber. Rafters and horizontal poles instead of iron ribs held the cedar bark which was used for roofing. It was 20 by 40 feet. At one end some puncheons were put up for a platform for the president. Some poles and slabs were placed around for seats. Three planks, about a foot wide and 12 feet long placed upon a sort of stake platform for a table, was all that was believed necessary for the use of the legislative committee and the clerks.

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**Legal Notices**

**NOTICE TO CREDITORS**  
Notice is hereby given that the undersigned as Superintendent of Banks for the State of Oregon is in charge of the assets and affairs of the Central Point State Bank, Central Point, Oregon, for the purpose of liquidation. All persons who may have claims against said Bank are hereby notified to make legal proof thereof by filing a duly verified claim, as by law provided, with the Deputy Superintendent of Banks in charge at the office of the Central Point State Bank on or before April 25th, 1933.

A. A. SCHRAMM,  
Superintendent of Banks  
First date of publication, January 25, 1933.

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Last date of publication May 31st 1933.  
J-26, F-2, 9, 16, 23, M-2, 9, 16, 23, 30, W-9, 13, 20, 27, May 4.

**SUMMONS**  
IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR JACKSON COUNTY.  
JACKSON COUNTY BUILDING AND LOAN ASSOCIATION, Plaintiff,  
vs.  
LILLIAN A. STOREY, and COLIN R. STOREY, wife and husband, GEORGE R. CARTER, County Clerk and ex-officio Registrar of Titles of Jackson County, Oregon; also all other persons or parties unknown claiming any right, title, estate, lien or interest in or to the real estate described herein. Defendants.  
TO EACH AND ALL OF THE DEFENDANTS HEREIN BEFORE NAMED:  
IN THE NAME OF THE STATE OF OREGON, you and each of you are hereby required to appear and answer the Amended Complaint of the Plaintiff on file herein against you, or otherwise plead thereto, within four (4) weeks from the date of the first publication of this Summons.

You are hereby notified that if you fail to appear and answer the Amended Complaint of the Plaintiff as required herein, or otherwise plead thereto, Plaintiff will take a Decree against you for the relief demanded in said Amended Complaint, which is succinctly stated as follows: A judgment and decree foreclosing the Plaintiff's mortgage on property situated and being in the county of Jackson, State of Oregon, and described as follows, to-wit:  
Beginning at a point where the South line of Spring Street intersects the West line of the Southeast quarter of Section 20 in Township 37 South of Range 1 West of the Willamette Meridian and being about 30 feet South of the Northwest corner of said quarter Section and running thence south 295 feet; thence East 295 feet; thence North 295 feet; thence West 295 feet to the place of beginning; together with all water rights appurtenant thereto, to become appurtenant thereto.  
This Summons is published in The American, Central Point, by order of the Honorable H. D. Norton, Judge of the above-entitled Court, duly made on the 24th day of January, 1933.  
The date of the first publication of this Summons is January 26th 1933.

O. C. BOGGS,  
J. F. FLIEGEL,  
O. H. BENGTON,  
Attorneys for Plaintiff,  
30 North Central Avenue,  
Medford, Oregon  
Jan. 25, Feb. 2-9-16

**NOTICE OF SHERIFF'S SALE**  
BY VIRTUE of an execution on Foreclosure duly issued out of and under the seal of the Circuit Court of the State of Oregon, in and for the County of Jackson, to me directed and dated on the 30th day of January, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and loan corporation, as Plaintiff, recovered judgment against Zenas C. Smith and Emma Smith, his wife, the defendants, for the sum of Five hundred and no-100 (\$500.00) dollars, less the sum of \$15.86 stock credits, less the sum of \$0.87 accrued earnings on said stock, being the sum of \$483.27, plus interest on \$500.00 from the 31st day of March, 1932 to the 27th day of October, 1932 at the rate of 10% per annum being the sum of \$28.75, plus interest on \$483.27 from the 27th day of October, 1932 to the date hereof, at the rate of 10% per annum, being the sum of \$11.27, plus \$5.00 for continuation of abstract of title with costs and disbursements taxed at Twenty-one and 80-100 (\$21.80) Dollars, and the further sum of Ninety and no-100 (\$90.00) Dollars, as attorney's fees, which judgment was entered and docketed in the Clerk's office of said Court in said County on the 30th day of January, 1933.

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corner of Donation Land Claim No. 79 in Twp. 37, South of Range 2 West of the Willamette Meridian and from said point running thence South 160 feet; thence West 181.25 feet; thence North 160 feet; thence East 181.25 feet to the place of beginning, containing 2-3 acres of land, more or less.  
Dated this 31st day of January, 1933.  
Gordon L. Schermerhorn  
Sheriff of Jackson County, Oregon.  
By Olga E. Anderson  
Deputy.

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