

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

DESSERTS THAT SATISFY

When desserts are considered as other avenue for getting three of the protective foods in the day's diet—milk, fruits and eggs—they become at once nutritious and satisfying. Eggs being more plentiful, desserts with a custard foundation are among the popular ones. Custards made with milk and eggs are combined with colorful fresh or canned fruits, offer a variety of appetizing combinations.

Desserts provide a way too of getting iron into the diet through the use of molasses. Molasses is a rich inexpensive source of iron and offers many delicious ways of supplying this important mineral to the diet. Gingerbread, an ever popular dessert, molasses cup cakes and hot breads are all good ways of getting molasses into the menus.

A few nutritious dessert recipes are listed to satisfy, are:

Molasses Brown Betty
1/2 cup molasses
1/2 cup cold water
Juice and rind of 1/2 lemon
1 cup sugar
1 tsp. cinnamon
1 tsp. cloves
2 cups dry crumbs
1/2 cup butter

Make a syrup out of the molasses, water, sugar, spices, lemon juice, cooking briskly for three minutes. Wash apples but do not peel, slice in. Alternate layers of apples and bread crumbs in a well-buttered baking dish. Pour hot syrup over them and bake in a moderate oven until apples are tender.

Prune Filled Custard
1 1/2 cup milk
2 eggs
3 tspn. sugar
1/4 tspn. salt
1/2 tspn. vanilla

Heat milk in top of double boiler. Beat eggs with sugar and salt. Add milk gradually to eggs, stirring constantly. Return to double boiler and cook, stirring constantly until mixture coats spoon. Remove at once from double boiler. Add flavoring. Pour into sherbet glasses. Chill thoroughly. When ready to serve to with a generous tablespoon of Prune filling made by blending thoroughly 1/2 cup chopped cooked prunes, 3 tablespoons sugar and one teaspoon lemon juice.

Coffee Froth
2 eggs
3/4 cup scalded milk
Pinch of salt
3/4 cup hot coffee
1/2 cup sugar
1 tbspn. cornstarch
1 tbspn. cold water
1/2 cup whipping cream

Beat egg yolks with sugar. Add scalded milk and coffee slowly, beating constantly. Add cornstarch, which has been mixed with cold water. Cook in double boiler until mixture coats spoon. Place in parfait or sherbet glasses. When cold, top with spoonful of whipped cream.

Custard Fruit Pie
2 large pastry shell, baked
3 eggs
3/4 cup sugar
1-8 tspn. salt
2 cups milk
2 cups cooked prunes (or fresh strawberries)
1/2 cup whipping cream

Scald milk in double boiler. Beat eggs slightly, add sugar and salt and add gradually to milk, stirring constantly. Pour into pastry shell and bake 30 minutes in slow oven (350F). When pie is cool, arrange cooked prunes, or fresh, sweetened strawberries, over the custard, top with sweetened whipped cream.

The annual Citizens' Military Training camp here this summer is to be provided in part by American Legion posts in the two states. It was announced today by camp authorities under direction of Brigadier-General Stanley H. Ford.

The offer of co-operation has been extended by E. J. Brugger, chairman of the Oregon Legion's national defense committee, and Carl Mosler state adjutant; and the plan calls for one entertainment program each of the four weeks of the camp, with each of the four night's schedules being under the direction of one group of Legion posts. The barracks commander expressed himself as much pleased with this arrangement, which has not been undertaken previously.

Marine Corps Will Enlist Twelve Men

Orders have been received at the Portland Recruiting office of the United States Marine Corps to accept for enlistment during the month of April, twelve young men of excellent moral character, sound body, and the equivalent of two years of high school study.

The physical standards of the Marine Corps are of the highest: Requiring applicants to be at least six-foot-eight inches tall, to have perfect sight and hearing, at least twenty sound teeth including two directly opposing incisors on each side, feet of normal conformation and sound heart and lungs.

Applicants may present themselves at the Portland office, 430 Worcester Building, for examination, and if accepted will be sent to the training station, Marine Corps base, at San Diego, California, for training. After the regular course of training the men are eligible for duty aboard various classes of ships in the navy in the Hawaii and Philippine Islands, at Guam, or in China. Unusual opportunities to travel and education are available to every Marine.

EDIBLE WILD PLANTS READY FOR COOKS

Freezing out of many winter gardens has made it necessary for the general public to buy vegetables from the market or to go without. Oregon is blessed, however, with an abundance of wild plants which may be eaten as greens or in salad and which are as palatable and rich in vitamins as any of the domestic plants.

Descriptions, drawings and suggestions for preparation of those plants have been prepared by Dr. Helen M. Gilkey, associate professor of botany at Oregon State college. This mimeographed sheet will be sent free upon request from the college.

Dandelion and common mustard leaves are among those which may be gathered for greens in March and April while they are still tender, according to Dr. Gilkey. Dandelion leaves are boiled in two waters to remove the bitter taste. Indian and Chinese lettuce, curly dock and pig-weed may be used for greens in April and May. Indian or miner's lettuce grows in moist shady places with small white or pinkish flowers and upper leaves which are circular around the stem. Chinese lettuce or false dandelion resembles the dandelion but the flower stems are branching and the leaves somewhat hairy. Curly dock is a roadside weed, often found around deserted buildings, which has small greenish flowers in long clusters and narrow, crinkled leaves. Pig-weed or lamb's quarters has small, inconspicuous flowers and the entire plant is somewhat white and scaly.

Greens are washed thoroughly to remove all grit, and cooked for a short time in a very small amount

of water. In most cases, the water left clinging to the leaves after the washing is sufficient. Greens may be seasoned with meat flavor, that of bacon fat being particularly pleasing.

Several wild plants may be used raw with salads, says Dr. Gilkey. Water cress is gathered in April and early May, before or at the time of blossoming, for this use. It is found in slowly running water with the plants more or less matted together. The small, white flowers are poured, and the leaves a dark green. Braken or brake fern is used in salads or cooked like asparagus. The young shoots which appear early in April are used after removing the tips and base and brushing off the hairs. Dandelion roots, Indian and Chinese lettuce may also be prepared as salads.

An exhibit of these various plants will be displayed by Miss Lucy A. Case, nutrition specialist at the college, at the homemakers conference on the campus March 30 to April 1.

On Oregon Farms

MARSHFIELD—Distribution of ground sea shell to southwestern Oregon farmers for use as agricultural lime is again assured through action at the annual meeting of the directors of the Coos Bay Lime and Fertillizer association, a cooperative concern for farmers has been reduced to 20 cents a year and the price of the ground shell set at \$5 a ton which is far cheaper than agricultural lime may be shipped in. County Agent Jenkins reports that the ground shell is entirely satisfactory for use in this district and is the most economical material available. Shells are dredged from Coos bay and ground to powder.

TILLAMOOK—Dairymen attending the annual meeting of the local herd improvement association were unanimous in voting to continue testing work this year. Fees have been reduced from \$1.55 per cow to \$1.30. County Agent Bergstrom is assisting in the campaign for new members. The dairymen also voted to form a county dairy association patterned after the state organization. They have also reduced the price of Tillamook calves 25 per cent so that many are now being shipped out at the new price of \$7.50.

OREGON CITY—The Northern Highland Seed potato growers have recently sold eleven cars of certified Burbank seed as a repeat order to potato growers in California. This business came as a direct result of a visit made to the California potato growing districts last winter by J. J. Inskeep, county agent. The local association is getting satisfactory distribution of its stock, working through a Portland sales agent.

DALLAS—As practically all the well-established ladino clover and alfalfa fields in Polk county came through the winter in good shape, growers are applying land plaster or super phosphate to stimulate as heavy production as possible this season when prospective supplies of other forage are greatly depleted by the severe winter freezing, reports County Agent Beck.

BROOKS—That the project on "Low cost meals" has met a real need is shown by the report of economics effected by 25 women of the Brooks home extension unit. Twelve families were assisted in saving money on their grocery bills, 35 persons were eating more vegetables, 21 were using more milk, 6 homemakers were using a more economical form of cereal, 13 were using more home produced and improved foods, and 14 children had improved their eating habits. In addition, good suggestions from the project had been passed on to 181 other individuals.

Economic Highlights

Happenings That Affect the Dinner Falls, Dividend Checks and Tax Bills of Every Individual. National and International Problems Inseparable from Local Welfare.

During and since the bank holidays the best news of each week has been of a psychological character. It has three phases: Faith in the new Administration, demonstrated by the support it is being given by organizations and individuals of all political divisions; confidence in the future of the country; a belief that recovery is underway. Most important of these is confidence. So far as the public mind generally is concerned, the days of gloom are over. The spirit of inertia that gripped so many millions a few months ago has been replaced by a spirit of aggressiveness and action.

This spirit is naturally reflected in the attitude of industrial organizations. Of great interest is a survey recently made by a press association among the major industries of the country. It produced opinion as follows:

STEEL—Prospect for recovery brighter than at any time in past few years.

METALS—An unmistakable return of confidence is felt.

CEMENT—Slow but certain change for the better anticipated.

MACHINERY—Stimulated sales looked for.

MEAT PRODUCTS—Supplies on hand not excessive, and price rise expected.

FLOUR—Moderate price advance, at least, assured.

TEXTILES—Greater buying activity and firmer price levels anticipated.

DEPARTMENT STORES—Retail rise in prices.

SHOES AND LEATHER—Any change will be up, not down.

These forecasts reflect the attitude of leaders of most other industries.

The Department of Agriculture forecasts a general reduction in the acreage of major crops this year. Decreases of 3.5 per cent in corn for harvest; 3 per cent in Spring wheat and in oats; 13 per cent in flax-seed, rice and sweet potatoes; 5.4 per cent in potatoes; are indicated. Contrary to the general trend is tobacco, for which a 22 per cent increase in acreage is predicted.

Farm leaders made a dramatic move when, led by Secretary Wallace, they called on President Roosevelt and asked him to request Congress for dictatorial powers in the matter of farm products. Under their proposed legislation, the President would have absolute power in fixing the price of wheat, corn, cotton, hogs, cattle, dairy products, etc. Purpose of the legislation would be to bring about parity of prices between agricultural and industrial commodities. The proposal, if it became a law, would give President Roosevelt even greater powers than were given President Wilson under the Food Administration Act made necessary by the war.

Farm mortgages remain a pressing agricultural problem. The Administration will give every effort to finding means of equitably solving it. It is not, however, a new problem. A survey has shown, for example, that 45.2 per cent of all farms in New York are under mortgage—and this is precisely the same percentage that was mortgaged in 1900. Best year was 1925, when the percentage dropped to 38.7.

Farm prices have remained fairly steady, and there have been a number of advances. It is doubtful if any major recession will set in.

Corn, Pig Club Members Offered \$1525 In Cash

Real cash prizes totaling \$1525 are announced again this year for the 4-H club members of Oregon, Washington and Idaho who have either corn or hogs or both for their projects. For the ninth consecutive year the Portland Union Stockyards company through its president G. A. Jierson has appropriated money for awards in these projects, the announcement this year being made from Corvallis over the state radio station, KOAC.

Last year more than 80 pens of hogs and 100 exhibits of corn grown under the terms of these awards were exhibited at the Pacific International Livestock show in Portland, of which more than 50 per cent were from Oregon, according to club officials at Oregon State college. The championship pigs were raised by an Oregon boy, Frank Grosse of Clackamas county.

In Oregon the rules for the award of this money provide for three districts—northwestern, southwestern and eastern Oregon. Each corn or pig club member competes first in his own district for prizes ranging from \$1 to \$70.

Of the total prize money, \$1075 is for the pig feeding contest in which a club member must feed four pigs from the same litter for market purposes and keep accurate feed and weight records for at least four months. The pigs must be exhibited next fall at the Pacific International, where they will later be sold in the club fat stock auction sale.

The remainder of \$450 will go to the participants in the corn growing contest in which member must grow at least one acre of corn. Accurate records are required, and the boy or girl must exhibit 25 ears of corn at the livestock exposition.

First Spray Is Now Due For Pear Scab

The first application of sprays for the control of pear scab is now due, states County Agent Wilcox, in his recommendations to fruit growers.

Liquid lime sulfur, three gallons to the one hundred gallons of water should be applied as the individual flower buds are separating in the cluster. Thus permitting the spray to penetrate in and around the tender stems and leaves. Buds are advancing very rapidly and growers who plan on a clean up of scab infections should not delay this spray much longer.

A second application of a weaker solution, two and one half gallons of liquid lime sulfur to the one hundred gallons of water, will be necessary when about 85 per cent of the flower petals have fallen.

Last season many pear crops were severely damaged because of this disease and if damp, cool weather is experienced this year, the losses will be much greater.

Farm Market News

CHICK HATCHERY REPORT SHOWS VARIABLE TRENDS

Commercial hatcheries in the country as a whole produced considerably fewer chicks in January and February than a year ago, with some decrease in bookings for March and later, according to the hatchery report released by the bureau of agricultural economics. The trend varied a good deal in the different sections of the country.

A decrease in February of approximately 11 per cent occurred in chicks hatched, with bookings down about 5 per cent compared to February 1932. Most of the decrease was in the north central states, according to the report.

In the Pacific coast states hatchery eggs were about 8 per cent less in February than a year ago, but book-

ings for March and later were nearly 5 per cent greater. Some increase in chick production in the mountain states and along the Atlantic coast was indicated.

In commenting on the report, the market information specialist in the Oregon State college extension service said the decrease in commercial hatchings may be offset more or less by increased farm hatchings, but there is no information to show just what the trend in farm hatchings is.

State hatchery reports vary greatly. For example, some sections in California show marked decreases in commercial hatchings, while some Oregon regions where commercial egg production has been emphasized, report that the hatcheries there dealing in high grade chicks are running to capacity this year with orders booked ahead.

Reforestation Explained By J. D. Guthrie

The word "reforestation" is much before the public nowadays. It is a headline word. President Roosevelt has done much to popularize it within the past few months in his speeches and messages, and it is now least with in a congressional act. There is apparently much popular confusion in the use of the word. Just what is "reforestation?"

To the forester it is a word with a definite and specific meaning. As a technical word, it means the restoring of an area to forest, either by artificial or natural means. That is, either the growing and setting out of young forest trees or seedlings on land which once had forests, or the slow or gradual restocking with forest by nature of land once forested. That is the correct or technical meaning. Likewise, afforestation means the planting of a forest on land which has not previously bore forest. Deforestation means the destruction or removal of forest from land with no consequent effort to restock the land.

Of late, however, the word "reforestation" has come to be popularly used to cover a much wider field. In this loose or popular sense, it has come to mean almost any method, means, or system whereby forest land is improved, developed, or protected, whether the land is cut over or is now bearing mature timber.

For example—a system of fire lines or trails, or protection roads, the felling of snags or dead standing trees for fire protection the thinning out of too dense tree growth, or even a law to encourage the holding and protection of cut-over land for future tree crops—have all come to be referred to as "reforestation" measures. Oregon's forest law of 1929 applying a tax on cut-over land is popularly called a "reforestation" act. This broad meaning is the one used in the recent act of congress to assist in the relief of unemployment.

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