HI-WAYS TO HEALTH
by ADA R. MAYNE
OREGON DAIRY COUNCIL

DON'T WASTE SOUR MILK

"Do not scorn sour milk" is the good advice to the housewife from food scientists. Even sour milk has an interesting and important place in our diet, both of itself and through its products, cheese and butter. It is well established fact that the souring of sour milk and the use of sour milk products by the inhabitants of the plains of eastern Europe and western Siberia have produced the longest-lived people in the world. The souring of milk is due to the lactic acid-forming bacteria which are present in milk. These bacteria, besides souring milk, are antagonistic to most of the common bacteria and because of this, sour milk is commonly looked upon as having antiseptic properties. This antiseptic value of sour milk is believed by authorities to be the means of prolonging life among the people who use it in appreciable amounts.

Sour milk, like sweet milk, is a wholesome and nutritious food. It may be used in baking in place of sweet milk and usually results in a better and more tender products. When substituting sour for sweet milk these rules have been found practicable:

1. As a leavening agent, 1 teaspoon soda is equivalent to 4 teaspoons baking powder.

2. One-half teaspoon soda is required to neutralize 1 cup sour milk or cream.

3. To substitute sour milk for sweet in a recipe, use the same amount of sour milk as sweet called for, add ½ teaspoon soda for each cup and substract 2 teaspoons baking powder from the amount called for.

Save all sour milk then and utilize it in baking. If only for the sake of delighting the family with the luscous products that result. Whether they are hot cakes, waffles, doughnuts or cakes, they will be lighter and more tender when made with sour milk or cream.

Gingerbread Waffles

2 cups flour
1½ teaspoons ginger
½ teaspoon cinnamon
½ teaspoon salt
2 teaspoons baking powder
1 cup molasses
4 teaspoons butter
½ teaspoon soda
½ cup sour milk

Mix and sift dry ingredients. Heat sirup and butter to boiling point, but do not boil. Remove from the fire. Add sour milk, beaten egg, then sifted dry ingredients. Bake in hot waffle iron. Serve hot with whipped cream.

Sour Cream Pie

1 cup sugar
1 cup sour cream
3-4 cup raisins
3 eggs
¼ teaspoon cloves
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1 teaspoon cornstarch

Mix sugar, cornstarch and spices, beat 1 whole egg and yolks of two eggs and add to cream. Add to sugar mixture, add raisins and cook in double boiler until thick. Pour into baked pie crust, cover with meringue made from two eggs whites and two tablespoons sugar, and brown in a very slow oven. The raisins may be added whole or ground.

Economic Highlights

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

* * *

"If the world is sick enough to have gained any sense, the (Economic) Conference will be a success."

So spake James Middleton Cox, one of the American delegation, just before sailing. His attitude jibes with that of most observers. They believe that the world is sick enough; they know likewise that a sick world is not necessarily a sensible one. When George V. Imperator and Rex, formally opened the Conference, none felt that it would be an unqualified success, many were unable to believe that it would produce much of definite and permanent worth. There are too many warring interests at play; as in a drama, plots and counterplots will underlie the seemingly smooth tenor of the proceedings.

It is a safe forecast that during its first weeks, the delegates will be sparring for position, tesling their ground. There will be a great many polite speeches, pretty gestures, abstruse discussions. The real work will come later. There will be continuous, thinly-veiled battle between various sectional interests, opposed philosophies. As the Conference opens, the world it faces might be described, briefly, in this manner:

A Europe which is closer to war than at any time since 1913—with armed troops patrolling unfriendly borders and looking jealously at alien lands. An increasing spirit of nationalism in many major powers, of which Germany under Hitler is the classic example. In the Far East, a growing spirit of Imperialism on the part of the Japanese, which must inevitably cause the Chinese to develop a still greater enmity for all foreigners. Widespread unemployment and industrial debility in every country. Chaotic monetary systems and tottering currency standards. And, in most powers, fear and distrust of the rest of the world.

These matters are not discussed in the Conference's agenda. But they will have much to do with the policies of the delegates, and they will influence the proceedings at every turn. What the agenda does specifically mention for discussion follows: Monetary stabilization; currency; tariffs; resumption of movement of capital; restrictions on international trade; tariff and treaty policy; organization of production and trade.

These are high-sounding labels and the subjects they cover are Greek to ninety per cent of the world's people. But the economist can translate them into terms of jobs, wage scales, living standards. If the Conference collapses, it will be because the politicians, dominated by radical prejudice and nationalistic passion, do the dictating. If it succeeds, it will be because the world has at last become so sick that it is willing to go the limit for a cure.

On the eve of the Conference, the Department of Commerce announced that world trade slumped to $26,000,000,000 last year, as compared with $68,000,000,000 in 1929. Not all of this is the result of depression. Much of it is the result of such slogans as "Buy British"—"Buy American"—even "Buy in Homeville." It is the announced purpose of the Conference to demonstrate the folly that such slogans represent, and do away with them.

* * *

Of great importance to the nation is President Roosevelt's program on the relationship of government and business. Research indicates that cut-throat competition, with the resulting tremendous waste, is as strong influence in prolonging depression, inasmuch as it forces prices down and prevents them from rising. In the past, the anti-trust laws have stood in the way of agreement to offset this. The President's plan is to abrogate the trust laws, permit industries to work together in controlling production and prices, with the government as arbiter. Government would have a strong voice in determinating wages, hours of labor, output, price, etc. Business has shown itself ready to cooperate.

* * *

Factors at play now justify the belief that a heavy upturn in building work will occur before long. During the past two months small residential building has been moving steadily upward; the material makers have noticed a better than seasonal gain in orders.

Building upturn would be felt in every industry—lumber, steel, transport, metal, paint and varnish, electric, gas, etc.,—and would provide a vast amount of new employment, with a consequent jump in buying power, the important would be its favorable effect on security values.

Federal Production Credit Arranged

Provision for farm production credit through regional production credit banks and local production credit associations is the outstanding feature of a new law which has passed congress, says the Oregon Agricultural Exension service in a review of he agricultural situation just released. The circular also gives an analysis of other farm credit and adjustments developments, and the current trend of demand, prices and cost of farm products.

The plan is to have five divisions of the new farm credit administration, each with a commissioner in charge under the governor and the deputy governors. Each division will handle one class of loans. The governor-credit commissioner will be in charge of twelve production credit banks, one in each Federal Land Bank district.

"The land bank commissioner will supervise the twelve federal land banks," the circular states. "The intermediate credit commissioner will supervise the twelve intermediate credit banks. The Cooperative Bank Commissioner will administer the Central Bank for Cooperatives and twelve regional Agricultural Credit Corporations."

Local production credit associations may be formed by ten or more farmers, and a part of the capital of local associations may be subscribed by the regional production credit bank.

According to the circular the trend of farm prices flattened out somewhat during the past four weeks, compared with the grand advance during the preceding month. As things stood at mid-June, the general level of farm prices is around 18 per cent higher than a year previous for the whole country, and around 40 per cent higher for the average in Oregon. High hop prices contributed materially to the upswing of the Oregon general farm price index.

Wool prices staged a remarkable comeback and now head the list in degree of pre-war price "parity" with the May wheat price index at 67 per cent of pre-war. The general level of farm prices at 62 is still a long way for things farmers buy. Farm products would have to go around 50 per cent to reach parity.

Prospects for further improvement are reasonably good, says the report, but much depends upon national and international economic programs and developments.

Oregon Seed Crops Vital in Adjustment

A prospective demand for millions of pounds of crested wheat grass seed, which can be raised in eastern Oregon, to be used on land taken out of wheat production through operation of the new federal agricultural adjustment act, is foreseen by E. R. Jackman, extension agronomist at Oregon State college.

For western Oregon Jackman foresees a almost equally stimulating demand for the seed crops grown there, such as the clovers, vetches and various other grass seeds.

"If the administration decides to try to effect a reduction of 20 per cent in wheat acreage, as has been suggested, that will mean some 300,000 acres in the Columbia basin alone, for which the only possibility in the long run would be seeding down to grass," Jackman points out. "The only grass possibility is crested wheat grass, which has proved itself so wonderfully in the few years since its introduction throughout eastern Oregon by the experiment station and extension service.

"The same statement applies to much of the wheat belt of Kansas, Nebraska, the Dakotas, Oklahoma, Texas and the intermountain and Pacific Northwest states. It seems safe to predict then that we will have a demand for crested wheat grass seed far in excess of the supply. It is doubtful if more than 150,000 pounds of this seed was produced in the United States last year. It would require 2,000,000 pounds to seed the 200,000 acres in the Columbia basin alone, using 10 pound to the acre.

"Of course there will be other uses made of the same land, and even if seeded to forage crops, not all will go into crested wheat grass, but the fact remains that if present plans continue there will be a heavy demand for years to come which every county in eastern Oregon may well prepare to help supply," Jackman continued.

The corn and cotton states will afford the greatest increased outlet for western Oregon seed crops, Jackman believes.

E. Fruit Loans Small To Assist Many Growers in Need

The following communication, clipped from the Medford Mail Tribune will be of interest to our readers, as showing that only a very small number of our fruit men have so far been able to obtain federal aid for growing, picking and packing the 1933 pear crop:

Regarding Pear Loans.

To the Editor:

On the front page of the Mail Tribune of June 12 I read with interest the Associated Press dispaach from Portland quoting Mr. W. Ervie Williams, manager of the Portland branch of the Regional Agricultural Credit Corporation, to the effect that loans amounting to $359,000 on pears in the Medford district have been allowed so far this year, and that this money has been distributed among 107 applicants.

For your information, as well as that of your readers, may I state that the complete list of fruit crop loans of the R. A. C. C. up till noon yesterday, June 14, on file in the county clerk's office, shows 52 loans in the sum of $245,768.79. This, of course, does not include loans of the R. A. C. C., made exclusively on livestock and hay and grain.

The complete list of fruit crop loans in Jackson county to date is on file in my office, room 201, First National Bank building, and may be inspected by anyone desiring detailed information. It is interesting to note that seven applicants received nearly one-half the total amount loaned.

In my judgement this list of 52 loans is a pitiful showing, as compared to the needs of some five or six hundred fruit growers in this county.

Walter H. Jones

Medford, June 15, 1933.

Owen Oregon Mill To Start July 1

Jos. H. Owen, manager of the Owen-Oregon Lumber Sales Co., returned last week from Portland and announced that plans are under way to begin operation of their modern sawmill about July 1.

Contract for logging of a unit of 5,000,000 feet in the Butte Falls district was awarded last week. Plans are now under way to log another unit of 6,000,000 feet, although arrangements have not been completed.

Men will be put to work immediately overhauling machinery and equipment in preparation for the resumption of operations. A crew of 75 men is now engaged in repairing bridges, trestles and the track of the company's standard gauge logging road.

Mr. Owen estimates that the combined operations will provide employment to at least 250 men until conditions require closing of the sawmill, and that continued employment will be provided through the winter for 75 men in the planing mill and shipping department.

Rail Trips July 4 To Be 1c a Mile

The first offering of Dollar Day transportation for the Fourth of July period will mark Southern Pacific's part in excursion travel over the holiday this year, according to word received here today.

The low fares, based on a cent a mile, are to be available from June 30 to July 4, inclusive, with return limit of July 11, it was stated.

Embracing all stations on the railroad's lines in six western states, the excursions will provide both for short and long-distance travel.

Monnie Houser New O. E. S. Head

PORTLAND, June 15.—Monnie M. Houser of Salem was elected worthy grand matron of the Eastern Star, grand chapter of Oregon, at the opening of the 44th annual convention of the lodge here. About 500 persons, representing more than 150 chapters in Oregon, attended the convention which will continue until tonight.

Roy W. Davis of Albany was elected grand patron; Milton L. Meyers of Salem, associate grand patron; Inez Glaizyer, Coquille, grand conductress; Myrtle Peterson, Ontario, associate conductress; Miss Nellie McKinley, Portland, grand secretary, and Mrs. Isabella Low, Troutdale, grand treasurer.

Medford Mayor Gets High Masonic Post

PORTLAND, June 15.—Leslie M. Scott of Portland was elected grand exalted master of the Grand Masonic lodge of Oregon at the concluding session of the annual assembly here Thursday. He was deputy grand master last year.

Ezra M. Wilson of Medford was elected deputy grand masters; H. Wayne Stanard of Brownsville, senior grand warden; R. Frank Peter; of Hillsboro, junioor grand warden; John R. Cleiland, Portland, grand treasurer, and D. Rufus Cheney of Portland, grand secretary.

Miss Blood Bride of Mr. Van Doren At Church Service

Eugene News.

dings was that of Miss Katherine Blood and Leslie Van Doren, at the Congregational church, Saturday night at 8.

The church was decorated with tall baskets of delphinium, peonies and roses. White tapers in candelabra lighted the altar. Rev. Clay Palmer read the service.

The bride wore white lace, made with cape sleeves. With it she wore a cap made entirely of Cecil Brunner rosebuds. Her bouquet was of pink roses and lilies of the valley.

Miss Helen Frank of Salem, her bridesmaid, wore pink taffeta, with pale blue sash, hat and slippers. Her bouquet was of Sweetpeas and delphinium. Harold Larsen of Medford was best man.

The Mendelssohn wedding march was played by Mrs. Madge Hampton, who played the organ during the service. Mrs. Donald Young sang "Because." Only relatives and a few friends attended.

A reception for about 85 was held later at the Alpha Xi Delta chapter house. Assisting there were Miss Virginia Keeney, Miss Clara Mearten, Miss Lois Greenwood, Miss Roma Gross, Miss Eleanor Wharton and Mrs. A. E. Hansen.

Mrs. Van Doren was graduated from the univesity, where she was a member of Alpha Xi Delta and of Mu Phi Epsilon, honorary music society. She is also a member of Chapter AM of the P. E. O. Sisterhood of Eugene. Mr. Van Doren was graduated from the University of Michigan where he was a member of Sigma Pi fraternity. Following a motor trip to California, the couple will be at home in Medford.—Eugene News.

Cherry Fly Spray Now Due Here

First spray application for the cherry fruit fly in sections of the state where this pest is a problem is expected to be due about the middle to latter part of the week of June 19 to 24, according to observation of specialists at the Oregon Experiment station. This first spray is timed according to time of emergence of the flies, which is usually about the time Royal Ann cherries attain good color.

This is one pest where the poison spray is directed toward the adults because the flies have a handy habit of spending considerable time flitting about the trees sampling any drops of moisture they find. The idea is to have some sweetened poison "moisture" ready for them during this period.

The spray used is made of lead arsenate one-half pound, molasses 2 quarts, and enough water to make 19 gallons. Trees are never drenched with this spray, the idea being merely to sprinkle the foliage enough to have plenty of the droplets on the top side of the leaves for all flies. Excellent results have been had by spraying with any sort of a rig which will do that.

Three sprays are usually needed to give complete control. The first is given, as mentioned, when the flies first emerge. The second follows in seven days, and the third a week later. In case of a heavy rain in between, the spray is repeated.

This is one of the most economical sprays to anuly, as only a pint to a quart is needed per tree, says S. C. Jones, entomoligist at the Oregon Station. To use more is not only unnecessary, but may even prove harmful by causing a spray deadne problem.

Since careful control work was started by the experiment station at the request of the industry several years ago, excellent control of this pest has been obtained everywhere that full directions as to timing and methor application have been followed.

Legal Notices

NOTICE OF SHERIFF'S SALE

By virtue of an Execution in 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 5th day of June, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and loan corporation, is Plaintiff, recovered judgment against George E. Wright and Ida M. Wright, husband and wife, the defendants, for the sum of Eight hundred and no-100 ($800.00) Dollars, less the sum of $267.89 stock credits, less the sum of $60.45 accrued dividends on said stock, being the sum of $471.66, plus interest on $800.00 from the 31st day of October, 1932, to the 17th day of March, 1933, at the rate of 10% per annum, being the sum of $26.64, plus interest on $471.66 from the 17th day of March 1933, at the rate of 10% per annum, to the date hereof, being the sum of $9.17, plus $16.97 insurance premium, plus $5.00 paid for continuation of abstract of title, with costs and disbursements taxed at Twenty and 45-100 ($20.45) Dollars, and the further sum of Sixty and no-100 ($60.00) Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of the said Court in said County on the 5th day of June, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 15th day of July, 1933, at 10:00 o'clock a. m., at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to satisfy said judgment, together with the costs of this sale, subject to redemption as provided by law, all of the right, title and interest that the said defendants, George E. Wright and Ida M. Wright, husband and wife, S. M. McQuat, Southern Oregon Credit Bureau, an Oregon corporation; also all other persons or parties unknown claiming any right, title, estate, lien or interest in or to the real estate described herein, had on the 25th day of February, 1927, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

The Southwest Quarter of the Southwest quarter and the West Half of the Southeast Quarter of the Southwest Quarter of Section Six (6) in Township thirty-eight (38) South of Range Two (2) West of the W. M. in Jackson County, Oregon; together with all water rights appurtenant thereto or to become appurtenant thereto; reserving, however, the North 20 feet for public road purposes.

Dated this 6th day of June, 1933.

WALTER J. OLMSCHEID,
Sheriff of Jackson County, Oregon
By OLGA E. ANDERSON
Deputy.

June 15-22-29, July 6

NOTICE OF SHERIFF'S SALE

By virtue of an Execution in 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 5th day of June, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and loan corporation, as plaintiff, recovered judgment against J. L. Weiss and Vada L. Weiss, W. J. Hokenyos and Maud M. Hokenyos and Credit Service Company, an Oregon corporation, the defendants, for the sum of Fifteen hundred and no-100 ($1500.00) Dollars, less the sum of $127.50 stock credits, less the sum of $14.85 accrued earnings on said stock, being the sum of $1357.65; plus interest on $1500.00 from the 6th day of April, 1932, to the 15th day of March, 1933, at the rate of 10% per annum, being the sum of $142.92; plus interest on $1357.65 from the 15th day of March, 1933, to the date hereof at the rate of 10% per annum, being the sum of $27.52; plus $5.00 for continuation of abstract of title, with costs and disbursements taxed at Nineteen and 30-100 ($19.30) Dollars, and the further sum of One hundred thirty-five and no-100 ($135.00) Dollars, as attorney's fees, which judgment was enrolled and docketed in the Clerk's office of said court in said County on the 5th day of June, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 15th day of July, 1933, at 10:00 o'clock a. m., at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon offer for sale and will sell at public auction for cash to the highest bidder, to satisfy said judgment, together with the costs of this sale, subject to redemption as provided by law, all of the right, title and interest that the said defendents, J. L. Weiss and Vada L. Weiss, W. J. Hokenyos and Maud M. Hokenyos and Credit Service Company, an Oregon corporation, had on the 13th day of May, 1929, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Lot number twenty (20) of Block number two (2) of Hokenyos Subdivision of Lot One (1) of Block two (2) of Cottage Addition to the City of Medford, Oregon, as numbered, designated and described on the official plat thereof, now of record.

Dated this 6th day of June, 1933.

WALTER J. OLMSCHEID,
Sheriff of Jackson County, Oregon
By OLGA E. ANDERSON,
Deputy.

June 15-22-29, July 6

NOTICE OF SHERIFF'S SALE

By virtue of an Execution in 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 5th day of June, 1933, in a certain action therein, wherein Jackson County Building and Loan Association, an Oregon building and loan corporation, and Plaintiff, recovered judgment against C. E. Applegate and Minnie O. Applegate, his wife, and Jackson County, Oregon, had on the 11th day of [illegible], 1932, or now have in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Beginning at the southeast corner of Block 30 and run thence north 67½ deg. west along the line of Oak street 200 feet; thence northeasterly 141 feet; thence south 67½ deg. east 159 feet to 3rd street; thence south 22½ deg. west 108 feet to the place of beginning, the same being Lot 7 in Block 30 in the Town of Jacksonville, Jackson County, Oregon.

Dated this 6th day of June, 1933.

WALTER J. OLMSCHEID,
Sheriff of Jackson County, Oregon
By OLGA E. ANDERSON,
Deputy.

June 15-22-29, July 6

Watch and Clock Repairing
ANY WATCH CLEANED, $1.50
Other Work Proportionately Low
C. Earl Bradfish
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When Your Head Aches and Throbs..

When Neuralgia, Neuritis, Rheumatism, Lumbago, Sciatica, send their knife-like pains thru your quivering nerves...when Muscular Pains torture you...when Periodic Pains lay you low ...these are the times you need Dr. Miles' Anti-Pain Pills.

Why suffer needlessly? Why let ordinary aches and pains rob you of enjoyment, success, prosperity?

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Ask any druggist what their users say about them.

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