

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

AS THE MERCURY RISES

With the warmer days of summer coming on, it means some changes in the foods we consume. Foods that furnish the essential body elements, still are low in heat-producing or in calorie value are welcome additions to the summer diet.

Cottage cheese is an ideal food at anytime but fits into the warm weather menu perfectly. Cottage cheese is really just another way to use more milk, since it contains all of the many elements found in milk. This makes of it a 'protective' food, high in minerals and vitamins. Along with this high food value, cottage cheese is low in calories, making it a good hot weather food.

Cottage cheese is easy to serve. As a main dish, as a salad, or used in sandwiches, it is equally appetizing. The following hot weather suggestions are only a few of the many ways that Cottage Cheese can be used:

AS A MAIN DISH

Mix pound cottage cheese with 2 tablespoons chopped chives or 1 teaspoon finely ground spring onion tops. Add one pound baked ham, the fat removed, run through the meat chopper. Shape in croquettes. Save a little ground ham to roll the croquettes in after they are shaped. Serve on a platter with parsley garnish.

AS A SALAD

2 cups cottage cheese
1 tbs. gelatin
1 cup whipped cream
1-4 cup hot water
1-4 cup cold water
Seasoning
Fruits or vegetables
Salad dressing
Soak gelatin in cold water, dissolve in hot water. Put cheese through sieve, add gelatin, mix, and combine with whipped cream. This mold may be varied by adding fresh cherries, pineapple, or other fruit to it. It may be used as the center of a green vegetable salad such as crisp, sliced cucumber or lettuce.

AS A SANDWICH

Cottage cheese
Seasonings
Chopped watercress, chives, or onion tops
Sandwich bread
Remove top, ends, and side crusts from a loaf of fresh sandwich bread. (If loaf is not moist, keep in a damp cloth for an hour) Spread top of loaf with softened butter and a layer of seasoned cottage cheese, mixed with the chopped greens. Cut a 1-4 inch slice and roll like a jelly roll. Repeat process for each slice. Wrap rolls in damp cloth and place in refrigerator. When ready to serve, slice rolls crosswise.

The Home Gardener

THE ROSE GARDEN

By W. B. Crause

This is one of the most important of the activities of the Home gardener because it not only provides amusement and recreation but it affords an abundance of cut flowers for the house and table. This in itself is a very valuable thing for the housewife that cares to have things nice around her.

First it is necessary to select a piece of ground that is well drained. It should be manured well with good stable manure put on about three inches thick. This should be dug in the manner already told about in these columns. The ground should be then left until next spring. It should be kept weeded, however, and should not be allowed to bake hard. If the ground has a tendency to do this pure sand should be mixed with the soil while digging. The proper quantity can be very easily determined by mixing varying quantities with the earth until the right amount is ascertained, and the soil becomes friable. This will save you a lot of hard labor later on and be much better for the plants. It helps to hold the moisture in the ground.

Select the most beautiful varieties according to your taste but buy only budded roses from a reliable nursery that guarantees their stock. They will cost you less in the end, and give you a far greater amount of pleasure and success. In the spring when you are ready to plant, which should be after all danger of frost is over you may then prepare the ground by cultivating the top surface thoroughly, being careful not to dig up the buried fertilizer. We are now ready to plant.

The laying out of the plot must of the necessity be left to the individual taste of the grower but it is well to remember that plenty of room should be left around each plant so as to enable the grower to perform the necessary work of cultivation. Four feet between plants is about the best distance for this purpose and you will not be tearing your clothes and hands.

Pruning

After your roses are planted cut off all excess stems leaving not more than four, cut these back to a bud or branchlet varying in height according to the size of the bush. If the bush has not been pruned at the nursery, cut back about one third on the top also be careful to select the best and healthiest stems. It is advisable now to spread around the plant bone-meal as the top dressing. This will give vigor to the plant and promote the best flowers.

Spraying

The grower should provide himself with a good liquid spray gun, or an ordinary fly spray gun would do just as well, and while the plants are still dormant they should be sprayed with a good lime-sulphur cover. There is nothing more to do now but wait until growth starts, but be sure to keep the weeds and coarse grass from growing up around the roots of the plants. As soon as the new growth starts remove all branchlets for a distance of eight inches above the ground

and all branchlet that grows inward towards the center of the plant. Keep all the branchlets growing outward as much as possible, and where a branch is growing directly above another branch remove it. Keep the branches staggared as much as possible. And do not allow too many branches on a bush. Care should be now taken to watch for aphids and other pests and the bushes sprayed accordingly. If these directions are followed you will have beautiful roses.

Rose gardens do not have to be confined to roses. A portion of the ground may be laid off for other flowers, and this will add additional charm and variety. Many of my lady friends have learned to graft and bud—one of the most interesting phases of this class of horticulture.

Spray for Coddling Moths Is Advised

A cover spray for the control of late first brood coddling moth worms is deemed advisable on all apples and is so recommended by L. G. Gentner, Entomologist of the So. Oregon Experiment Station and L. P. Wilcox County Agent. Application to be completed by June 9.

Unsettled weather conditions have resulted in a prolonged flight of first brood worms which means an emergence of young worms in fairly large numbers during the next ten day or two weeks. In order to protect the apple crop from these stragglers a spray is now necessary. It is the opinion of the Experiment Station Entomologist that all pear varieties may safely go until the second brood flight starts, which will be approximately three weeks. Therefore, spraying of pears at this time is unnecessary.

Use three pounds of powdered arsenate of lead to the one hundred gallons of water.

Don't Let This Happen to You

Mark Twain in his early days was editor of a Missouri newspaper. A superstitious subscriber wrote him, saying that he had found a spider in his paper, and asked whether that was a sign of good or bad luck. The humorist wrote this answer and printed it: "Old Subscriber: Finding a spider in your paper was neither good or bad luck for you. The spider was afterwards."

Economic Highlights

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

The Darrow report on NRA codes has been received with wide divergence of opinion. Opponents of the Administration have been saying that it is the final straw, that it will blow the roof off the recovery program and show it up completely. That isn't true. Defenders of the Administration are being trying to laugh the report off, saying that it doesn't mean a thing, is of no importance whatsoever. That isn't true either.

One thing the Darrow report has done is to concentrate interest on a problem that has been looming larger and larger of late—the influence of the codes on small units within an industry; little stores, little manufacturing plants, little distributors of all kinds of commodities. The report says, briefly, that the codes threaten the small business with extinction, give big business all the breaks, and that monopolies are growing in strength by leaps and bounds. All but one member of the consumers' commission which Mr. Darrow headed, agreed with that. Then Mr. Darrow and one member filed a separate report, even more sensational than the main report. In it Mr. Darrow says that we have a choice between fascism and socialism—that the suspension of such public safeguards as the anti-trust laws are inimical to the interest of the consumer and the average businessman. Mr. Darrow's personal opinion is that there should be government ownership of basic resources; he has always tended strongly to the socialist viewpoint.

General Johnson made the expected answer—said that the Darrow board should be disbanded (it was due to automatically expire within two weeks); that the Darrow criticism was carping and unjust. Much more convincing was the answer of the NRA Chief Counsel Richberg, who pointed out that Mr. Darrow had kept to generalizations, had cited few specific items of abuses, and had offered nothing that could be called constructive criticism.

The effect of the report will doubtless be to hasten revision of the NRA set-up, particularly in the matter of code price-fixing. It is known that Mr. Roosevelt has been studying changes for some time. Some observers likewise believe that General Johnson is due for oblivion—he is energetic, capable, courageous, but he has offended too many people, including big-shot newspapermen whose friendliness the Administration needs.

Main problem of industry hasn't changed the last few weeks—and that problem is strikes. Activities in Toledo, where the national guard was called out, several men killed and many badly injured, have stunned the public. At this writing, Pacific coast commerce is tied up solid with the longshoremen's and seamen's strikes. Outside of this, little that is especially noteworthy has happened to industry. A brief review follows:

STEEL—Production has increased recently touching 59 per cent of capacity. Industry believes that summer seasonal trends will force a slackening soon.

MOTORS—Beginning in late April a decline in production began and it has continued. Late weekly report shows a drop of 11,999 units from preceding week. Three companies out of 13 showed slight gains. CARLOADINGS—On May 4, loadings were almost 2,000,000 cars over same period last year. A slight decline is appearing, but the position of the rails remains comparatively good.

COMMODITY PRICES—Recently the wholesale commodity level touched the highest mark of the

merely looking over our paper to see which merchant is not ADVERTISING, so that he can go to that store, spin his web across the door and live a life of undisturbed peace ever afterwards."

changes from the level reached last March. Recently average prices have fallen, with utilities alone holding their ground. Average bond prices have likewise been lower.

RETAIL TRADE—A rather sharp drop has occurred in this field. Latest official data indicates that the decline is greater than seasonal experience would have indicated.

GENERAL BUSINESS INDEX—During most of this year, the rise has been greater-than-seasonal. Part of that improvement has been lost through late declines, but the index is still far ahead of last year.

Loans Refinance Farmers' Debts in Jackson County

A total of \$111,500 of Federal land bank and Land Bank Commissioner's farm mortgage loans was made in Jackson County, Oregon from June 1, 1933, to May 1, 1934, according to a statement just issued by Warren Patterson, secretary-treasurer of the local branch of the National Farm Loan association.

Of this total, farmers in Jackson County used approximately \$94,300, or 84.6 per cent to refinance their indebtedness. By refinancing, farmers obtained new mortgage loans which they used to repay their old debts. They generally reduced their annual interest charges in doing so. In a number of cases, scale-downs of indebtedness occurred in connection with the new loans. These and other advantages benefited farmers primarily. Secondly, creditors benefited from the receipt of cash or bonds in exchange for obligations they held.

Of the loan money used by farmers in Jackson County for refinancing their debts, about \$30,300 it year. A steady, slow advance is noticeable.

COAL—Production, though tending downward, is much heavier than in previous two years.

SECURITIES—The stock market has been generally quiet, with few

was estimated, repaid their debts to banks; \$7,000, their taxes; \$1,700, their debts to merchants; \$55,300, their debts to "others", or creditors not separately classified, including private mortgage lenders, mortgage loan companies, retired farmers and many others to whom farmers were in debt.

A total of about \$17,200 of loans in the county was used for purposes other than the refinancing of borrower's debts. Of this sum, \$10,700 was used for the purchase of land and equipment, the construction or improvement of buildings and for general agricultural uses, including the provision of capital while \$6,500 the balance, was used for the purchase of stock in national farm loan associations, for loan fees, etc.

THINK IT OVER

The question, is not so much where we stand, as in what direction are we going.

The reward of duty is not rest from labor but greater tasks.

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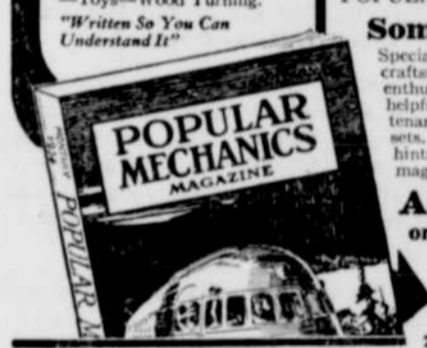
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