The Great Human Race

HI-WAYS TO HEALTH

by ADA R MAYNE

The Human Race is greater now liquor and lewd women. sees not only the greatest Humans' have caught the most dollars. ever been run.

pretty they look when we get a them. hold of a new one.

a pack of mangy wolves after a dollars they have forgotten that it helpless rabbit. How the rabbit will takes more than just dollars to run, and dodge, and twist, before he create wealth. It takes factories and falls before some hungry wolf's jaw. farms and brains and brawn.

Thus the dollar, squirms, and They have forgotten that work is turns, and dodges, and even hides the only thing know nto man that away. But of no avail. Some hu- will create wealth. hunt him from his hole.

So, the Human Race goes on. Ever with all his dollars. faster. Each generation demanding But the Great Race goes on and

with the leaders, runs war and de- ish be, of the Great Human Race? struction, and rape and pillage, and

FISH IN THE DIET

many varieties of fresh fish. Fish is

considered one of the low-cost foods,

because in most localities fish of

some kind are likely to be cheap at

any time of the year. Fish has high

food value too, which means more than being a mere item for low-cost

Along with other animal foods

fish is a protein food. It is rich in

minerals and salt water fish, shell

fish furnish iodine. which is impor-

tant in sections where the soil and

water are poor in this mineral A

number of varieties of fish, as sal-

mon, halibut, cod and herring, have

been found to be good sources of

vitamins A and D. It is well then

to use all of the oil from canned fish

ders, patties or croquettes is equal-

ing left-over or canned varieties.

Fish forms the basis of many inter-

favorite ways of preparing fish:

Salmon fillet

11/2 thsp lemon juice

Salt and pepper

2-3 cup buttered crumbs

cup cream or milk

Mushroom Stuffing

Brush fish with lemon juice and

sprinkle with salt and pepper. Put

one fillet in buttered pan or on oven

proof platter. Spread with stuffing,

cover with remaining fillet, pour ov-

er cream or milk and bake 25 min-

utes in moderately hot oven (375 de-

grees). Sprinkle with bread crumbs

and bake until crumbs are brown.

strain liquor remaining in pan over

cup mushroom caps, cut in pieces, 1/2

Codfish Souffle

Cook the rice with milk in doub-

le boiler until tender and dry. Sep-

arate the eggs and add the yolks.

well beaten; add the butter and cod-

fish, which has been freshening by

soaking in water. When the mix-

ture is somewhat cool, fold in the egg

whites, beaten stiff. Bake 30 min-

utes in moderate oven (375 degrees).

Serve immediately, garnish with par-

sley and dadccompanied by a butter

Butter Sauce: Put 1/4 cup of but-

ter in a bowl and work until creamy

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tsp salt and few grain pepper.

cup salt codfish

1/2 cup rice

cups milk

11/2 thsp butter

2 eggs

Baked Stuffed Chinook Salmon

ance, and all the good things in life entitled to recover damages. Picture the dollar. That round, are also running, trying to hold ples, the product of our finest en- so far behind the leaders that they A bonds rose, held the advance. gravers and printing presses. How have been forgotten by most of

And now the masses have passed

man will get him. If the leaders of They do not realize that, if every the pack over look him, some of the "man were a King", every King stragglers or human coyotes will would have to work or there would soon be nothing produced to buy

more speed than the one before. on. Where is the finish line? All Far in the front, neck and neck races must end. What will the fin-YAP LOUDER

currency. The warning to Congress stor Glass then said that the Presilies in the admonition that Congress dent would veto the bill. than at any time in the history of They have no trouble keeping up went too far-and in the implication The President's much-anticipated the world. In fact the present era with the leaders. The ones who that, if a person can prove loss in NRA message has gone to Congress. the future through abrogation of a If its recommendations are followed

of an Administration. It is an in- prices. teresting fact that this man, Mr. Hughes, was once a Republican candidate for the Presidency. When slight let-down from the upsurge if such sprays are necesary. Supreme Court votes are taken, the that characterized the past two or Dilutions for scale control are gov-Chief Justice votes last, so that when three months. However, many op- erned according to the Baume' test Mr Hughes' turn came the Court timistic signs are still to be seen. was evenly divided and he had the that the biting minority opinion was 000,000 for new plant capacity. read by Mr. McReynolds, a Demotorney-General.

Washington gaze focuses on Congress, which is exhibiting an unlooked-for independence. Before the session started, most observers forecast that the President would have a harder time getting what he wants than he did last session. But no one thought that opposition to his we find the markets stocked with 1 1/4 thsp. of lemon juice very slowly. is not yet passed and it probably will not become law for some weeks, as Congress has done something the President is strongly opposed tomade it obligatory to pay public works employes wages as high as those paid by private industry. The President wants the scale to be low-Happenings That Affect the Dinner er, so that workers will keep an eye Pails, Dividend Checks and Tax out for private jobs, will not be sat-Bills of Every Individual. Nation- is fied to work indefinitely for the

OREGON DAIRY COUNCIL Add 1/2 tsp of salt, 1/4 tsp pepper and wishes would be as strong as it is. As the Lenten season approaches 1/2 tsp finely chopped parsley, then At this writing, the work-relief bill

Economic Highlights

al and International Problems In- government. Senator Glass fought separable from Local Welfare.

Washington has been the center of national interest during the past few weeks. A great deal that is momentous has happened thereand is happening.

First and foremost comes the Suin order to retain the full vitamin preme Court's long-delayed decision on the gold clause cases-held by some to be the most important deserving fish. We are all familiar with baked or fried fish but creamed or escolloped, in baked loaves, chowders patting headlines obtained the that the court, by a five-to-four majority, upheld the Government 100 per cent. But as a financial comations too. These recipes are both mentator said shortly after, it really 44-100 per cent-implied in the decision was a warning to Congress to the effect that there were limits beyond which it could not go.

The majority decision, read by Chief Justice Hughes, held that the case against the Baltimore and Ohio Railroad, which was sued by a "gold" bondholder who wanted his interest paid on the old gold dollar basis, must be dismissed, inasmuch as Congress had the power to control, regulate and determine the gold value of currency. Of greater interest was the decision in the Liberty Bond cases, where a bondholder sued the government itself. Remove to hot serving dish and The majority opinion held that Congress had gone beyond its constitutional power in abrogating its gold with 3 thsp melted butter and 1-3 contract—but that the plaintiff was he could not show that he had actually lost anything. The reason he hadn't lost, said Mr. Hughes was that if he actualy paid gold he would not be able to use it he would have to turn it in to the government at once and would be paid at the old

rate per ounce. He could not trade

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Sunday-Monday-Tuesday

"The Merry Wiow" MAURICE CHEVALIER JEANETTE MacDONALD

Wednesday-Thursday

"The Great Flirtation"

Friday-Saturday

Ken Maynard in "SUNSET TRAIL"

Sunday-Monday-Tuesday

JAMES CAGNEY in "The St. Louis Kid" with PATRICIA ELLIS ALLEN JENKINS

Wednesday-Thursday

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not get more for it than he could stop Congress from putting in the tors must be given the lion's share blister mite infested orchards should get for the same amount of existing undesired provision, but failed. Sen- of the credit.

but also the greatest Race that has Peace and virtue, and temper- government gold contract, he may be there will be less government control over industrial management. Result of a decision was a tem- less bureaucratic regimentation of dormant sprays for the control of gallons of the emulsion be diluted flat, jingling, elusive piece of silver, their own in the Great Human Race. porary boom in the stack market industry. Hours and wages provi-Also the dollar bill and its multi- But they are losing out. They are which immediately subsided. Grade sions will be continued—but jail mite should be applied. Pear and sprays should not be used on the terms for NRA offenders will be apple growers are advised to be pre- Winter Nelis variety of pear, bud and Observations on the decision dropped. Price-fixing will be modi- pared to take advantage of any good spur damage is apt to occur. whether favorable of unfavorable fied or eliminated—the President weather that may now occur, states seemed to be that the Court had said significantly that the anti-trust L. G. Gentner of the Southern Ore- control of rosy apple aphls by delay-Then picture the human race, like them by. In their mad chase after simply followed the law. Most ed- laws, which were completely abroitorial comment regretted that the gated when the NRA was first born Agent, L. P. Wilcox. decision had been by so narrow a must be put into force again. This Liquid lime sulfur is recommend- leaves protrude about one-fourth margin-in effect, one man had the obviously stems from the growing ed on pears in preference to other inch. power to make or break the policy consumers' revolt against soaring materials because of better control A thorough wetting of the entire

Recent business reports show a

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with it, could not export it, could on behalf of the Administration to any recovery achieved this year, mo- With this in mind, growers having

Time for Spray for San Jose Scale

of blister mite and rust mite. Also tree is necessary if control of all by so doing trees are prepared for fruit pests is to be obtained. later sulfur sprays for scab control

of the concentrate. A 32 degree Best of these signs is the announ- concentrate should be used at the power to throw the balance either cement that Big Steel (U. S. Steel rate of ten to twelve gallons per 100 way. Also interesting is the fact Corporation) plans to spend \$47,- gallons of water. In case of weaker strength concentrates use two to 3 The 1935 outlook for sugar is said gallons more per 100 gallons. In crat who served under Wilson as At- to be the best in six or seven years. order to control blister mite, appli-The automobile industry contin- cations should be made before clus-After the Supreme Court, the ues to lead the forward march-for ters push out from the bud scales.

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not delay their spraying too long.

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emulsion until buds have opened and

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