

## HI-WAYS TO HEALTH

by ADA R. MAYNE

### OREGON DAIRY COUNCIL

#### DELICIOUS EGG FEATURES

A wise resolution for any housewife to make is to serve eggs in some form every day. Now that spring is coming and eggs are getting more plentiful, and cheaper in price, this can be done without increasing cost. Nutrition authorities recommend eggs at least three or four times a week for a well-balanced diet. This is because of their value as body-building food, their high vitamin content, and because they are an excellent source of iron in a form very easily utilized in the body. Because of this iron, eggs are good blood builders. Although eggs are richer in iron than milk, they contain much less calcium or lime. For this reason they are in no way a substitute for milk but should be considered a supplement to it. Dishes prepared with these two protective foods in combination assure a highly nutritious, as well as palatable result. The addition of cheese to any egg dish gives a zest and flavor which adds to the palatability.

A few recipes featuring eggs, with milk and cheese, are:

#### Eggs and Noodles au Gratin

4 tbsp butter  
2 tbsp flour  
1 1/2 cup milk  
1 tsp salt  
1-8 tsp white pepper  
2 cups diced celery  
6 hard cooked eggs  
1/2 cup grated cheese  
1 package noodles.

Cook noodles in salted water until tender. Make white sauce of flour, milk and seasonings. Brown celery in butter. Put noodles, celery, sliced eggs and cheese in alternate layers into buttered baking dish. Pour white sauce over all. Sprinkle with grated cheese and paprika. Set in

moderate oven until cheese melts and browns slightly. Serves 6.

#### Eggs A La Belle

6 slices of bread.  
3 tbsp butter  
6 eggs  
6 slices liver sausage  
Bechamel sauce  
1 tsp tomato puree.

With a large cookie cutter cut the bread slices in rounds. Heat with butter in a frying pan and brown the bread on both sides to a golden brown. In the meantime, have the eggs poaching. Place a thin slice of the sausage on each slice of bread and a poached egg on top of this. Serve at once with a hot bechamel sauce to which the tomato puree has been added. Garnish with a sprig of parsley. This is a delightful luncheon dish. Yield, 6 servings.

#### Egg Roll with Cheese Sauce

Make your favorite baking powder biscuit dough adding 2 tbsp of cheese with shortening. Roll out to about 1/4 inch thickness and spread with the egg filling:

1 cup milk  
3 tbsp butter  
3 tbsp flour  
1/2 tsp salt  
4 hard cooked eggs

Make a thick sauce of the flour, milk, salt and butter. Add the chopped hard cooked eggs. When cool, spread on the biscuit dough. Roll the dough jelly-roll fashion and cut into half inch slices. Place slices cut side up in pan and bake in hot oven 15 minutes. Serve with cheese sauce or melted cheese.

## 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 best way to appraise any nation's success in recovering from depression is to view it in the light of the experience of other nations which face the same problems and are battling the same depression. During the last few years, the American press has carried scattered and unrelated comment on foreign gains and losses, but, at least so far as the reader is concerned, nothing has been issued that gave anywhere near a clear perspective of actual conditions.

Now, in an article in Foreign Affairs, Willard L. Thorp (Chairman, Advisory Council of the NRA, and Professor of Economics at Amherst) has adequately performed that difficult and important task. As part of a general article on World Recovery, Mr. Thorp has assembled statistics from all the major powers covering the four most important barometers of economic conditions: Industrial Production, Unemployment, Wholesale Prices, and Value of Foreign Trade.

Socially speaking, the unemployment record is the most important. In this field, Mr. Thorp's figures cover the representative period from August, 1932, to August, 1934. They show that Germany had the best luck in putting men back to work—its unemployment declined by 54 per cent. Australia's declined by 39 per cent. The United Kingdom's by 25 per cent. Japan's by 21 per cent. Canada's by 16 per cent. and Italy's by 8 per cent. Three countries—France, Czechoslovakia and Poland—show rise in unemployment. The United States was at the middle of the list, being under Canada and

above Italy, with an unemployment decline of 12 per cent.

When it comes to percentage changes in wholesale prices, the United States leads the rest of the world. From 1932 to a late month, prices in this country advanced 20 per cent—twice as much as in the second country, Japan. England showed a 5 per cent rise, Germany, 4 per cent. A large group of countries, including Poland, France and Italy, showed declines. It is an interesting fact that in many countries, government has attempted to keep prices down—while the American Administration has gone to extreme lengths to force them up, believing that higher prices are essential to business recovery. However, they proved to be a mixed blessing—you can put prices up, but you can't make people buy. With present trend of Administration policy, it is doubtful if further advances will be registered. There is a better chance that the general index will go down.

The tables on foreign trade show that Japan and the United States have had the best experience, based on a comparison of the third quarter of 1934 with the third quarter of 1932. Our exports rose 51 per cent, while England's rose 18 per cent and 4 per cent, respectively. Poland, Germany and France showed declines in both phases of foreign trade, while Austria, Australia and Canada showed moderate rises. Japan's exports went up 51 per cent and her imports jumped 122 per cent—a trend which, if continued, will result in a serious internal situation inasmuch as she is sending much more money out of the country than she is getting in.

The most representative index of all is industrial production. To make this comparison, Mr. Thorp selected the lowest three months each country had since January, 1932, and related them to a late three months period. In this comparison, the United States stands exactly in the middle of the list, with a gain from the low point of 30 per cent. Canada is first, with 57 per cent, followed in order by Germany, Sweden, Japan and Czechoslovakia and then the U. S. Under us, is the United Kingdom, Poland, Austria, France and Belgium.

There are the figures—and even the most cursory analysis shows that improvement in this country has been little above the average. We have done more by law to promote recovery than any other comparable nation, but are little farther toward achieving it.

Later business figures than Mr. Thorp was able to give, indicate continued advances throughout the world, with a few exceptions. At home, business commentators are optimistic—many of them seem to believe that we are due for a slow but steady improvement that will not be abruptly checked, as we have the rises of the past.

Americans who wish to understand the Italy-Abyssinian imbroglio—which is of international importance inasmuch as it is complicating the already chaotic European situation—would do well to think of

it in the light of the Japan-China issue.

Like China, Abyssinia is an independent power—and like China, it is a hundred years behind the times. Italy, like Japan, is an up-to-date nation which needs new territory.

China possesses a wealth of mineral resources, which Japan wants—and Abyssinia possesses a wealth of gold which Italy wants.

If Italy and Abyssinia fight, it seems inevitable that the latter will lose. Victorious Italy would then establish an Abyssinian protectorate—and reap the rich rewards.

## Rosette Affected Trees May Now Be Treated Successfully

Trees effected with rosette or "Little Leaf" may be greatly improved by treating them with zinc compounds in various forms, particularly zinc sulfate. Such has been the findings of both Oregon and California experiment stations and the method is now suggested to fruit growers for their information, states L. P. Wilcox, County Agent.

"Little Leaf" or rosette effected trees have leaves that are small in size and show a yellow streaked or mottled appearance. Die back of terminal growth from season to season is common. The exact cause of such behavior is now known, but health improvement has been obtained by treating such trees with zinc sulfate. Treatment may be by the following methods with reasonable chances of success: soil treatment, trunk injection and spraying.

The soil treatment method is herewith described.

Prepare a trench surrounding the sick tree from one to one and a half feet distant from the trunk and deep

enough to expose small roots, this will be approximately one foot in depth. Apply five to ten pounds of zinc sulfate in the bottom of the trench and cover with soil. Application to be made prior to growth activity in the spring.

One such treatment will influence the tree for a period of two or three years, at which time the process may be repeated.

## Treatment Advised For "Yellow Leaf"

Chlorotic or yellow leaved pear trees will be needing their spring tonic of soluble iron shortly. Growers who have such individuals in their orchards are advised to make the treatment as given below within the next two weeks, states County Agent, L. P. Wilcox.

The yellow leaved condition of trees is often caused by an iron starvation due to an excessive lime content of the soil in which the tree is growing. By injecting a soluble iron salt into the trunk of the sick tree this condition is corrected and leaves regain their dark green color and increased vigor is noted.

The method of injection consists of boring holes 1-4 to 7-16 of an inch in diameter into the trunk of the ailing tree, going through the bark and into the sap wood to a depth of 1 1/2 to 2 inches, then inserting within each hole the dry iron citrate (ferrous citrate) powder by means of a small funnel, after so doing the hole is then sealed with wax or plugged with a wooden stopper.

For small trees, two or three inches in diameter, a single hole made with a one fourth inch wood bit is sufficient, while in larger trees two or more injections around

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