

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

LENTEN DISHES

Serving meatless meals becomes somewhat of a problem during the Lenten season. To prepare meals without meat over period of time and to keep them interesting to the family is sometimes a task as well as a test of one's imagination.

Meat and its substitutes are muscle building foods and should be included in the diet every day. They also lend flavor, variety and satisfaction to meals. Meat substitutes include fish, eggs, cheese, nuts, dried peas, beans and lentils. Eggs are now considered as a protective food along with milk, fruits, and vegetables, and therefore, should be used often—daily for children, when possible.

Milk is the best buy on any food list and this is true no matter how great the need to economize as it is our chief protective food. It should be used freely in food preparation, especially in meat substitute dishes.

Interesting meals can be built around these meatless dishes:

CODFISH and NOODLE ESCALLOP

2 cups cooked noodles
½ pkg. salt codfish: soak over night, drain, cover with fresh water and cook until tender.

2 cups cream sauce, made as follows:

4 tbsp butter
4 tbsp flour
½ tsp salt
¼ tsp pepper
2 cups milk
¼ tsp dry mustard
1 tsp lemon juice

1 tbsp Worcestershire sauce
Melt butter, add flour and seasonings, add milk slowly, stirring constantly. Cook until thick and smooth. Arrange noodles and codfish in alternate layers in a buttered baking dish. Pour cream sauce over. Top with buttered crumbs. Bake 20 minutes in a hot oven (425 deg.)

LIMAS WITH CHEESE

1 onion, chopped fine
2 tbsp butter
1 No. 2 can lima beans
1 green pepper chopped fine
2 cups strained tomatoes
1½ cups grated mild cheese
Brown onion and pepper in butter and add tomatoes. Heat thoroughly. Season with salt and pepper and add drained beans. Heat thoroughly and stir in beans. In a buttered casserole, make alternate layers of beans and grated cheese. Bake in moderate oven (365 deg.) about 25 minutes. Lima beans may be substituted if preferred.

COTTAGE CHEESE MOLD

1½ cups cottage cheese
1 cup cream whipped
1 pkg. lemon jello
½ cup boiling water
2 cups mixed fruits
1 tsp sugar
1-8 tsp salt
1-8 tsp cinnamon
Put cheese through a sieve, add sugar and cinnamon and whipped cream. Add jello dissolved in boiling water. Add fruits. Put in molds and chill until set. Unmold and serve on lettuce with fruit salad dressing.

importance of the German refusal to continue to keep within the arms stipulations of the Versailles treaty. It has been feared that she would do this ever since Hitler went in—and every nation hopped against hope that it would never happen. Under the Treaty, Germany's army is limited to 100,000 men, and she is not allowed to have much in the way of aircraft, artillery, tanks. Now she will quadruple her army, greatly extend compulsory military training of citizens, and will build up her defensive and offensive equipment as much as she likes.

Inevitable result will be a boom in the munition industries—and another long step toward European war. Every European country, supposedly in self-defense, also increase armaments and armies. It is easy for diplomats to speak soothingly of security and to avow peaceful intentions—it is a historical fact that nations with first-class military machines usually want to try them out when they think the time is ripe.

Armed forces of principal nations total: Russia, 830,000, with 15,000,000 reserves; Great Britain, 200,000, with 280,000 reserves; France, 584,000, with 6,000,000 reserves; Italy, 437,000, with 5,000,000 reserves; Poland, 325,000, with 1,700,000 reserves. The United States, by way of comparison, has an army of 135,000, with 309,000 reserves.

What You Do, Not What You Advise, Counts With Kids

A new understanding of the importance of the changes taking place in family life and the relationship of the family to a changing modern society was perhaps the key idea carried home by the 401 women from 16 counties who attended the fifth annual Home Interests conference at Oregon State college February 12 to 15. In addition they gained a wealth of up-to-the-minute information concerning almost every phase of home-making.

Besides some 30 members of the regular college staff who took part in the conference program, a number of outside authorities of state and national reputation were brought to the campus for the occasion. One of these was Alice Sow-

ers, parent education specialist of the National Congress of Parents and Teachers, who pointed out, among other things, that "the chief training any child gets is what its parents do and are, and not what they tell him."

Another visiting specialist was W. P. Jackson, field secretary of the National Recreation association, whose topic was "Recreation, a Home and Community Need." The increased interest in this subject was indicated by the enrollment of 157 delegates in the series of special "training conferences" for group leaders in recreation led by Mr. Jackson during the week. A similar series was conducted in parent education by Miss Sowers and Miss Flora Thurston, acting professor of child development and parent education who was also one of the principal leaders of the conference.

Ample opportunity to get acquainted with each other and with the college staff and campus was afforded by evening get-togethers, teas, luncheons, parties and trips to places of particular interest. A festival of plays was participated in by winning casts from Jackson, Josephine, Lane, Multnomah, Clackamas, Columbia and Deschutes counties.

Multnomah county had the largest representatives with 70 delegates followed by Jackson with 65, Clackamas 52, Benton 48, and Lane 39.

Weeds and Moss Now Eradicated by Chemical Use

Weeds and moss in the lawn can be eliminated to considerable extent in the early spring by use of a number of chemical preparations which may be mixed at home. An effective weed formula is being used at Oregon State college where it is applied to dandelions and other fleshy rooted plants by means of a pointed stick.

As described by A. L. Peck, head of the landscape architecture department, the material is made up as follows: Take one-quarter ounce of white arsenic and one-half gallon of soft water and boil well. Add another gallon of soft water and one third ounce of caustic soda and boil again. This forms a stock solution used straight for killing individual weeds, but which may be diluted

with four parts of water to sprinkle on gravel walks or drives to keep down weed growth.

Caretakers on the college campus put a long wire ball on a tin can which holds the solution. They dip the point of a sharp soft stick in the solution and then plunge the stick down into the crown of the dandelion, which dies in two or three days. The solution is highly poisonous and is treated accordingly, the surplus being stored in glass under lock.

Moss may be eradicated by raking it well to remove the thick patches, and then spraying with a solution of ammonium sulphate dissolved at the rate of 2 ounces in a gallon of water. The most effective way is to apply during a period of clear weather, using a pressure sprayer, though fair results may be had by either sprinkling it on or even scattering the material in dry crystalline form.

Check Being Made On County's Dogs

By the provision of the Oregon State Law relative to the enforcement of the state dog tax the county court shall upon the presentation of a petition by not less than 50 sheep or goat owners declare such a county a dog control district. This has been done and Jackson County is now a dog control district.

The board of supervisors of this district have appointed the Jackson County Humane Society to collect the 1935 state dog tax and at the present time the society has agents throughout the county on a house to house canvas.

The dog tax in Jackson County was due January 1st. It became delinquent March 1st and thru the generosity of the county court no penalty was charged until March 10.

The dog control board and the county court insist at the present time that every owner of a dog or dogs in Jackson County pay the original license fee of one dollar plus a penalty of one dollar or deliver their dog or dogs to the Humane Society.

The Humane Society has accepted the task of collecting this license due to the fact that the county is overrun with stray and unwanted animals in a half starved condition that are not only suffering them-

selves but causing suffering and financial loss by preying upon sheep, calves, pigs and poultry.

The Humane Society feels that an emergency exists and is heartily in cooperation with the County Court and the Dog Control Board to rectify this situation. There is just one of two things for the dog owner to do, the officials point out, "secure a license for your dog and have him wear it on his collar in accordance with the State Law or take your dog to the Humane Society that a complete record may be had on your animal."

The Humane Society sincerely advises the public to comply with the law inside of the seven days notice given by its agents in the field as failure to do so will subject the dog owner to a \$10.00 fine, the license and penalty and the costs of court.

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Economic Highlights

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According to all signs, the Presidential campaign of 1936 is likely to make that of 1932—which was considered exceptionally bitter—look like a tea party. Issues are forming, forces are appearing, that are entirely unprecedented in American politics.

It seems inevitable that there will be a third party in the field—and it seems equally inevitable that that party will be of the extreme left. It may be led by Huey Long, backed by Father Coughlin, and use as its appeal the "Every man a King" thesis. It may be led by a Townsend Plan advocate, promising prosperity for all through governmental largesse to the aged. It may be led by someone who stands for something we haven't yet heard of.

Few think that the third party candidate would win—the Electoral College system of counting votes for the Presidency makes that practically impossible, as Roosevelt the elder did after him. The third party's importance lies in what effect it will have on the vote obtained by the regular Republican and Democratic party candidates—and therein is an opportunity for endless conjecture.

Backers of the President pool-pooch the third party, say he is certain to win a sweeping victory in '36 whether the movement materializes or not. Opponents of the President hold that the third party would draw millions of votes that would otherwise go to Mr. Roosevelt, would thus indirectly cause the election of a conservative Republican, who would have support of most business men, together with the party's established following.

It was that aspect of the question which General Johnson spoke on in his amazing speech of a fortnight ago. Whatever you think of the General's views, you have to admit he has courage, he isn't afraid to speak his mind. In his speech, he made a bitter attack on Long and Coughlin and all they stood for. Then he turned and lashed the conservatives who might encourage them in order to draw support away from Roosevelt and split the liberal-radical camp. General Johnson said that such political opportunism pushes the American democracy steadily toward "a licking or a dictator." It is an interesting fact that following the speech, the General's views were heartily endorsed in many substantial quarters—including newspapers, public men and industrialists.

A question of the hour is, How does Mr. Roosevelt's strength compare to what it was a year ago? The answer, made by boiling down the

opinion of observers, is that he is slipping—but that he still has the confidence of the bulk of the voters. That, of course, doesn't answer the question of how far he may slip—or have regained or added strength—by next year. That, in turn, the recovery program has failed in various important particulars—and, in addition, it has become confused with the reform program. Unemployment soars. More people are on relief than ever. Industry is sitting still, and many leaders seem pessimistic. A belief is prevalent that the President's program has lost direction—that it is whirling around in circles, is going nowhere.

It is that fact which supports the hopes of third party radicals—they feel that the people, if they see the failure of a more moderate program, will go for one that is really left-wing. And the conservatives, strangely enough, base their hopes on exactly the same thing—they believe that a Roosevelt collapse would send voters scurrying back to the right-wing of economic thought.

What is right? Guess as much as you like—but don't bet on it.

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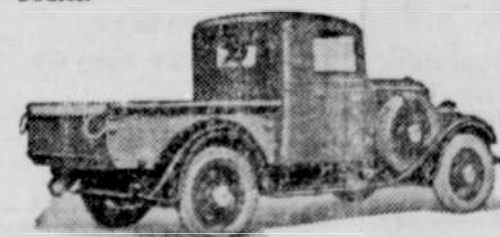
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Half-Ton International—Pick-up body



Above: An example of the styling of the new streamlined International Trucks. This is the 1½ to 2-ton Model C-35 with cab and latest type International Harvester stock rack body. Inside loading space, 11½ ft. long, 7 ft. wide. Inside height 5½ ft. Ends and sides are easily removed, providing a roomy flat-bed body when desired.

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