

Sport Gags

By K. D. P.

I have galloped up and down many fine courts in high school gyms in the northwest in basketball games. There have been many fine gyms that I have seen. Fine gyms that are built of massive cement structure or brick buildings that make them look bigger and more impressive than our new gym. But in so many such, their massiveness pales to insignificance beside our own new gym.

As to the maple floor, our new one is the equal of any college floor and it is really a dandy—a real floor where real ball players can plant their feet with confidence. Two cross courts can be had on this court where more players may be tested than before. And for the first time in many a year our high school team will have the chance of getting used to a bigger court, than they have had in the past. In the past year they used to practice in the afternoon and used to practice in the dim court where there was not enough light, which was the trouble with our old gym. But now they can practice in that new gym in the afternoon with ample light from the outside. The gym will be just warm enough to play good games and keep the spectators warm too, by means of a new heating system that the old gym certainly lacked.

They have two fine dressing rooms and fine shower rooms of the latest style. And they are warm too and which will mean fewer cases of colds for our players than has been the case in the past.

That is about all I can describe because I want all of you to come down and look over our new gym on the night when the Student Body of the high school will put on an inter-class plays which promises to be good too that night of November 29.

Now I want to tell you what I think of that new gym personally. I am mighty proud of the new one and I am sure that all of you are. It is the taxpayers' honestly earned money that made it possible to put over the new one. In every one of the new gyms in Oregon, that have mushroomed up amazingly, I have found that the new ones of the other districts have been sponsored by WPA or PWA or what have you under the government's numerous alphabetical bureaus. But in our own district the money spent on the new gym is our own taxpayers' money.

So I feel in my own heart that the new gym of ours is but a SYMBOL of the CENTRAL POINT'S INDEPENDENCE. And may our independence last forever!

Oregon Fruit Growers To Meet in Medford

Problems of fruit marketing will be given first place on the program for the fifty-fifth annual meeting of the Oregon State Horticultural society in Medford, December 9 and 10, according to the program just issued. Chester Fitch of Medford is president of the society, and O. T. McWhorter, Oregon State college, is secretary-treasurer.

Headlined speaker this year is F. A. Motz, agricultural commissioner in the division of foreign agricultural

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

SPEND FOOD MONEY WISELY

No financier makes more important investments than does the woman who spends the weekly food allowance. She sees the results of her money management reflected, not in financial loss or gain, but in the health and happiness of her family. Setting a good table can be a great strain on the budget, unless one plans the meal carefully with due regard to both monetary and dietetic values.

"You can spend enough money on food to buy a good diet and still suffer from hidden hunger." That is the gist of a recent survey of diets of farm and city families made of the Bureau of Home Economics, U.S. Dept. of Agriculture and four other government agencies. In other words, many a city family is not laying out its food dollars so as to buy health and good nutrition. Many a farm family is not making the most of its land and livestock to feed the family right. Diet deficiency is widespread and it is not confined to families whose incomes are too low to buy enough of the right kind of food.

In grading diets for the survey any diet was called "unsafe" that did not furnish at least the average amounts of the food values the body needs just to keep it growing. This type of diet is unsafe because a person can't count on it to keep him in shape to

stand up under ordinary stresses and strains of life—much less fit him to meet any kind of a crisis. Unsafe diets bring in their train such symptoms as chronic fatigue, lethargy, and certain types of digestive disorders. Results of these symptoms may be a person who is constantly under par—in his resistance to disease and his general well-being.

The country over, the outstanding difference between good and poor diet lies in the greater amounts of the protective foods that the good diets contain. These foods include milk, eggs, green leafy vegetables and fruits, especially the citrus fruits and tomatoes. These foods are called "protective" because they are rich in certain vitamins and vitamins. And they are especially valuable because they supply calcium and vitamin A and C—the food factors frequently low in poor diets. Milk should be supplied in the amounts of one quart for each child every day and one pint for the adult if the safety level for calcium is to be maintained. A close-up of the diets in this survey showed that those rated excellent used three times as much milk, and almost twice as many vegetables and fruits, as the diets rated as poor or unsafe. Obviously from this study, it is well worth any homemaker's time to study food values and their relation to food costs.

service, from Washington, D. C. Mr. Motz has spent many years abroad, from where he sent back regular reports on foreign production and marketing conditions for the benefit of American growers.

Motz will speak on the opening day's program on the subject of "Argentine Fruit Production in Relation to Our Domestic Markets." He will also speak at an evening meeting, at which he will show colored moving pictures of fruit production in the Argentine. "The American Market for Oregon Fruits" will be discussed by William A. Schoenfeld, dean and director of agriculture at O.S.C.

The opening session Monday morning will be devoted to disease and pest control, the afternoon to marketing, and the morning of December 10 to a general program on production methods. The closing session Tuesday afternoon will be devoted to pears, with special emphasis on grading and marketing.

Economic Highlights

An analysis of the election statistics produces some highly interesting facts. Most obvious of those facts is that Mr. Roosevelt's tremendous Electoral College majority gives no indication whatsoever of the closeness of the contest. Measured in popular votes, this was the closest election since 1916, when Wilson and Hughes were the standard bearers. With a total vote of close to 50,000,000, the President's plurality was under 5,000,000. The vote cast for Mr. Willkie was the largest ever given a Republican candidate. The President's percentage of the total vote was about 54.5 per cent—which is a comparatively slim margin, in-

opposition. As Time put it, "Beside a great victory, Roosevelt also had the greatest vote of no confidence that any President ever received." That is not a carping, spoil-sport observation—it is simply the fact. The President won a clean-cut victory, but he didn't win in anything resembling a landslide. Indeed, if only about one million votes had been cast the other way in the big key states it would have been possible for Mr. Willkie to have obtained a two-vote Electoral College majority, even though the President would still have had a popular majority.

The big cities of the country did much to give the President his win. He carried New York States by less than 250,000 votes—yet his plurality in New York city was 730,000. He carried Illinois by a margin of 95,000, while Chicago gave him almost a 300,000 lead. While he had an edge of 73,000 in Milwaukee, his net majority in Wisconsin was but 20,000. Mr. Willkie ran very well in the rural districts and the small towns all over the country, except for the South. On the other hand, Mr. Roosevelt's strength in some New England areas which are die-hard Republican by tradition, was greater than before.

Mr. Roosevelt's tremendous majorities in the big industrial towns indicates that labor was pretty close to solid behind him, and that John L. Lewis' endorsement of Willkie did little if any good for the Republican candidate. The farm vote went Republican by a considerable majority, which indicates that Mr. Wallace was less effective as a campaigner than Senator McNary. The two vice-presidential candidates did most of the campaigning in the farm belt.

What effect Mr. Willkie's total of almost 22,000,000 votes will have on Congress is now a subject of great discussion. The Republicans lost seats in the House, and made small gains in the Senate, and the set-up

in both branches will be little different next January than it is now. However, it may be that some of the old line Democrats who have disapproved of part of the New Deal program will become more aggressive. And the Republicans have certainly been cheered by the size of their vote and, despite the smallness of their numbers in Congress, are in the best position in eight years to form an intelligent and effective opposition.

One Cow Dairies Not Subject to Milk Control Board

In reply to a recent inquiry the following statement from the Administrator of the Oregon Milk Control Board is self-explanatory: "A man having one cow is not subject to any of the terms of the Oregon Milk Control Act or the Orders of the Board. He may sell or give away the milk produced from such a cow if he so desires. However, we appreciate the cooperation of such

one cow dairymen who voluntarily maintain the minimum prices which this Board establishes for the dairymen who are dependent upon the sale of milk for their livelihood. "There is involved in your inquiry pertaining to the sale of milk from one cow, however, the matter of the sanitary regulations and I would suggest on that point that you get in touch with the State Department of Agriculture, Division of Foods and Dairies, Salem, Oregon."

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