Sport Gags

By K. D. P.

Pass me the smelling salts again. For the last several months I have made vain efforts to catch salmon and all I could do was to hook them and lose them again. Then to take Stanley Jones along with me last Sunday and actually see him hook a salmon on No. 10 fly and land it successfully! It was a very nice salmon, weighing around 12 pounds and put up an awful scrap. Owing to the smallness of the hook it took almost an hour before it could be landed. Now Stanley is making my life miserable. Oh, me, pass me the smelling salts, I am going to fish from now on with just a fly and hope that a salmon may grab it.

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What makes it unusual is that I have caught chinook salmon on steelhead flies but the difference is that it was during the spawning time. But to see Stanley actually catch a nice firm salmon on a No. 10 fly is enough to make me wonder will the day come that salmon will rise to the fly same as steelhead do. Up in Maine and Newfoundland they catch salmon with flies. Well, why not here? I have wondered for several years that if the Rogue river is low and clear in March, it might be possible that some of the fresh-run salmon may rise to the fly. But the truth will never be known because as long as there is mining in the valley we will always have a muddy river to contend with.

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There's steelhead below Gold Ray dam allright but not a big run. I have not seen any steelhead jump but I have hooked six steelhead and have been unable to hold them. Last year at this time of the year I have had the same kind of trouble. But usually later I began to get the knack of holding the steelhead on to the flies so I began to get my limit regularly. So I believe it won't be long before I will be showing you how to get steelhead on flies without having to resort to single eggs. Right now I am having so much fun with fly fishing that I have decided not to use any single egg this year and to stick to my fly fishing til the run of steelhead is over. You think you are having much fun joshing at me about egg fishing. Well, I have a hunch that before winter sets in, I am going to make your ears red in this column by stating exactly how many each of you have caught and compare them with mine. And right now you are trembling in your boots because you have a hunch that I am going to show my tail to you and mark this I will not break the law or the game rules. It means that when I catch my limit for one week, I quit right there. And how many of you can say that?

Railroad Scrap Iron Is Sought By PUC Head

SALEM, July 29—It is the "clean-up scrap iron" campaign next and today Ormond K. Bean, state public utilities commissioner, named John H. Carkin, superintendent of transportation (rails), as his assistant in the national drive, similar to the present aluminum drive, as a part of the national defense program.

Through Commissioner Ralph Budd, and Joseph B. Eastman of the ICC, Bean has been advised that the new campaign has to do with abandoned railroad trackage and obsolete locomotives and cars and all assistance Oregon can give "would be of inestimable value to help alleviate the prospective shortage of iron and steel for national defense."

Bean stated that he will institute surveys immediately in this state with regard to the availability and condition of availability of all rail, locomotive and other railroad and street railway scrap iron.

Bean advised that he had been urged by the Association of American railwayroads to stress particularly the importance of making available all possible scrap from mileage to be abandoned, like the Front street project in Portland; also the taking up of abandoned yard tracks not now used and not needed during the present emergency; taking up of industry-owned spurs and sidings no longer needed; the possibility of salvaging gravel pit tracks in abandoned pits and the recovery of tracks imbedded in city streets, where buses have succeeded street cars.

"I have requested Mr. Carkin to take over this job," said Bean today. "His position with the state public utilities office as superintendent of rail transportation placed him in a key position to gather the information that Chairman Budd desires, namely the availability of rail, car and locomotive scrap iron of street railways companies, private industrial and utility mining and logging operations, etc."

Jersey Cattle Men Inspect 4-H Calves

Rogue River boys and girls had their 4-H Jersey calves inspected last Thursday and Friday by the local committee of the Rogue River Jersey Cattle Club and by T.R. Warren, American Jersey Cattle Club Western Fieldman, Portland and Mr. "Bing" Francis, Jackson County 4-H Club Leader. The local committee is composed of C.J. Hunter, president of the Rogue River Jersey Cattle Club, Bob Lytle, and J.R. McCracken, Jersey breeders all of Ashland. The two day inspection trip was preliminary to the adult tour and picnic held Saturday. Upper left is George Riddle, Grants Pass who has just returned from the American Jersey Cattle Club annual meeting in New York, Frank Schutzwohl, Grants Pass, whose herd of Jerseys led the nation last year with a production of 567 pounds of fat per cow, and C. J. Hunter, whose herd averaged not far behind, 517 lbs.

Upper right is Loree Brennesholtz of Table Rock Community (background) at Central Point with her heifer "Trouble" as Mr. Lytle observes. The calf was so named because her mother's name was "Nuisance" said Loree.

Above Jackie Steele of Medford put his arms around his heifer's neck as the committee looked on, much as he did previously at the county fair, when after several tries he did not win a thing. Said Jackie then in true 4-H spirit, "Come on pet, we'll keep on coming back here until we get a ribbon out of this outfit somehow, according to L.E. Francis, County Leader. Left to right are J.R. McCracken, Bob Lytle, C.J. Hunter, Jackie Steele and Bill Bigham, Jackie's 4-H Leader. Mr. Bigham's club membership owns 32 calves.

"Eat Vitamins as Food" Suggested as Health Slogan

"Eat more vitamins as food" sums up one phase of nutritional advice being given by the Oregon committee on nutrition for defense. This is not a campaign against the synthetic vitamins, which have a definite place particularly for men and animals sufering from marked vitamin deficiency. For the ordinary person, however, there is much more satisfaction and far less expense to getting one's vitamins in the natural state, the committee points out.

At the recent national conference on nutrition several speakers pointed out that eating should be fun. This is considered good psychology, and also good hygiene. If that be the case, a good cold glass of tomato juice should afford more pleasure than a dose of asorbic acid, while a juicy steak, a well prepared pot roast, or a well cooked pork chop rich in vitamin B-1 is something to get excited about.

A considerable number of specialists in nutrition hold that rich natural sources of vitamins often have an effect beyond that shown by a pure synthetic product. Many recognized natural sources of vitamins contain substances which apparently increase the potency and value of the vitamins themselves. In addition, foods, of course, supply the other necessary elements of good nutrition, including minerals.

On the side of economy the normal healthy individual will find that the cheapest source of vitamins is the way they come from the farms, where both field crops and livestock products afford a wide range from which one can select the full list of vitamins and at the same time have foods that please the palate.

Considerable difference of opinion seems to exist among specialists as to the effect of taking excess amounts of vitamins in pure form. Some believe it well established that it is difficult or impossible to use too much of the vitamins, with the possible exception of vitamin D. On the other hand, some equally eminent nutritionists say that this phase has not been sufficiently investigated to draw conclusions. All agree, however, that a normal healthy individual can obtain ample vitamins from natural foods with no possible danger of overdose.

LOCALS

Word was received from Mrs. John Townsend at Burley, Idaho that they are expecting Mr. and Mrs. Sanford J. Richardson of Eugene for a three week visit.

Mr. and Mrs. A. C. Smith and George and Paul went fishing on the Diamond Lake road. Mr. Smith caught a number of nice trout but the rain drove them out.

Norman Jean Martin celebrated her sixth birthday with a party for a group of her little friends. Norma received many nice gifts. Dainty refreshments were served and all had a jolly time.

Elmer Kyle purchased the property lying between the cheese factory and Obenchain garage from the coupty Wednesday.

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