

For What It's Worth
By K. D. P.

Well, the fishing slacked up here on account of the hot weather, and it is reported that big schools of steelhead are laying around in deep holes down at Rainey Falls below Grants Pass. When the cool weather comes in and keeps up steadily for a week or ten days, the steelhead will then leave the deep holes and come up here. Then the fishing will improve considerably.

Ted Goin certainly makes me laugh when he says that salmon eggs are natural fish food for all trout and steelhead. Perhaps it is true but remember salmon spawn once a year and the spawning comes way late in the fall and usually lasts about two months or more. Well, what puzzles me is that if the salmon eggs are natural fish food, what in the dickens have the steelhead or trout been living on during the other eight or ten months of the year.

It clearly shows that the fish life do not depend on eggs at all. They depend on bugs, flies and mineral food in the water. Too many fishermen use eggs for bait at all times of the year and that is why it is pretty good fishing sometimes when using eggs.

Other day down at Hardy Riffle I had the sickening experience of seeing two big salmon that showed signs of being snagged. Both of them were cut up for fresh eggs and for about 50 feet along the bank the fresh eggs were scattered. Boy the air positively stinks with the smell of the eggs. And I never got a strike at all that night. Yet in the same riffle prior to that night, I caught one and got several savage strikes.

For the past few years there has been many salmon snagged and at the rate it keep on, we will not have any more salmon runs and when the salmon runs are practically gone, the steelhead runs will also be gone too because steelhead always follow salmon to their spawning holes.

You know that when the sportsmen successfully passed the law forbidding the netting of the salmon at the mouth of the river. I used to think that the salmon runs were bound to improve. It never did increase a bit. The salmon runs seem to get poorer every year. It's all because of those so-called sportsmen who snagged those salmon by thousands and throw them away after they got the fresh eggs.

Well, now there will be a new bill coming up in the November bill that steelhead netting, all along the coast. Well, I wonder if it will help any in the long run to have that law passed. Because I have never seen any big help in that law forbidding the netting of the salmon at the mouth of Rogue River.

If the sportsmen could only stiffer their backs considerably and report

Rebekah Lodge Holds Session Wed., Aug. 19

Mt. Pitt Rebekah Lodge No. 157 met in regular session Wednesday evening, August 19 in the I.O.O.F. hall.

Noble Grand, Emma Gleason presided over the business meeting. Miss Fairchild, a Sister Rebekah of Nevada was a welcome visitor.

At the close of lodge all present were pleasantly surprised by an invitation to the home of Vice Grand, Minnie Hedgepeth, where luscious slices of watermelons were served at small tables on the lawn. Sister Gleason being Co-hostess.

Guests included Messrs John Foster, Clarence Merritt and Bert Hedgepeth.

All absent members missed a real treat. Be sure and come to the next meeting and see what the surprise will be.

—Press-Correspondent

Woman's Suffrage Amendment 22 Years Old Wednesday

The woman's Suffrage Amendment is 22 years old yesterday.

Upon this first celebration of women's enfranchisement with the world at war, Miss Marguerite M. Wells, president of the National League of Women Voters, issued a statement carrying a text for the League and calling on all voters to make their choices of candidates for public office "in time."

Her statement from the League's Washington headquarters said:

"In a war for the survival of democracy the niche of the League of Women Voters is already carved out. League women for 22 years have worked toward a democratic government fit to survive. Now they merely work faster and reach more citizens. The League's text is: No democratic government will run unless the people run it.

"The good sense people show this election year in choosing those who are to run their government will decide whether or not we shall win the war and keep our freedom. August 26, the anniversary of women's enfranchisement is near the end of the time for choosing rival candidates, a fateful period after which choices will be too narrow for safety. The League takes the opportunity of the celebration to appeal to voters to make choices in time."

MEETING ENJOYED FRIDAY
The Missionary Circle met Friday with Mrs. Lette Gregory with a good attendance. Rev. Campbell of Twin Falls, Idaho was present and gave a very interesting talk.

every bit of such unlawfulness of salmon snagging for eggs and report them to the state cops, it is bound to suddenly slow down the snagging work and may mean a slight means of increasing the salmon run.

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CHEESE STANDS ON ITS MERITS

Cheese is now being featured as the Victory Food Special, designated as such by the U.S. Department of Agriculture. These "victory specials" are foods that, for one reason or another, are super-abundant on the market and right now this is true of cheese.

There is plenty of cheese, good cheese, in every part of the United States. There's enough to supply our own fighting men—to ship to our allies—to serve often here at home. This is good news to homemakers. For cheese contains the same high-type protein that is in meat and cheese dishes, like meat dishes, are the substantial kind around which you build a meal.

It's easy to see why there's so much ado nationally and internationally about cheese as soon as you see what it has to offer in the way of food value. American cheddar cheese, for example, contains the efficient kind of protein that provides the building stuff of the body, repairs worn out tissues. By far the greatest share of American cheddar is made from whole milk, and therefore has enough fat in it to make it a good fuel food and one that "stays by" the

eater, keeps him from feeling hungry right away after a meal.

Cheese rates high also as an excellent source of calcium—the mineral that gives shape and permanence to body framework. If it is made from whole milk, cheese supplies vitamin A. Also it has in it considerable riboflavin—another vitamin needed for health and normal growth. In fact, cheese made from whole milk contains almost all the food value of the milk itself—done up in a compact package with the liquid squeezed out. You can count 1/3 of a pound of cheese equal to 1 quart of fluid milk when you figure your family's daily milk quota.

And here are a few cooking briefs: (1) Cheese and eggs make up many substantial main dishes—souffles, fondues, rabbits, baked eggs and cheese. As far as temperatures are concerned, the same cooking rules hold for both of these good protein foods. Both become hard and tough if cooked at too high temperatures. (2) Keep heat low in cooking cheese dishes atop the stove by setting them in a pan of hot water. Most cheese dishes cooked in the oven need temperatures from slow to moderate. (3) If you have difficulty making a

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Welsh rabbit that is smooth and uncurled try this: make the cheese into a white sauce-mixture before you combine it with the egg. Keep the temperature low throughout.

Contest Winners To Attend Santiam Lodge

Salem, August 26 (Special) Santiam lodge, located in the Cascadia district of the Willamette national forest has been selected as the outing site for boys and girls named winners in the state-wide fire prevention contest as sponsored by the Keep Oregon Green association.

Located on the Santiam highway in the high Cascades near Skyline trail, the lodge is within hiking distance to nearby lakes, streams and forest patrol headquarters.

The outing, to be held September 24, 25 and 26, awaits ten boys and ten girls plus an addition Green Guard squad which places in a contest now open to all Oregon youth.

The winners will be chosen on the value of their fire prevention activities within their own communities according to Keep Oregon Green association who is sponsoring the contest in cooperation with state, federal and private forest agencies.

"We are pleased to announce the Santiam lodge recreational area as the site for the Green Guard contest outing," said Eugene McNulty, executive secretary for the Keep Oregon Green association. "The lodge is centrally located offering boys and girls an opportunity to view both eastern and western Oregon forest heights," he continued. "Side trips to an eastern Oregon mill and to fire patrol headquarters are planned so that these boys and girls may see

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how the forest protection agencies are prepared to protect the forests from fire," said McNulty. "Much credit is due to Mr. J. R. Bruckart, supervisor of the Willamette national forest, for his cooperation in providing the Santiam lodge for outing headquarters," concluded McNulty. Meanwhile, boys and girls were urged to enter the contest at an early date. Write to the Keep Oregon Green association, state forestry building, Salem, for complete details.

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