

Chocolate Supply Reduced for Year

Oregon homemakers, who share with other Americans the distinction of being the greatest chocolate eaters in the world, will need to stretch their supplies even more for the remainder of this year because of reduced shipping space allotted to this food, reports Miss Lucy Case, extension nutritionist at Oregon State college.

Home economists of the U. S. department of agriculture have recently compiled some pointers on how to make less chocolate go further.

In melting chocolate to combine with other ingredients, waste is avoided by melting over hot water in a small sauce pan rather than directly on a hot stove. Chocolate melts at low heat and scorches easily.

Grating chocolate is both unnecessary and wasteful, according to specialists who have studied its use, because some is left on the grater and some melts and sticks to fingers. If chocolate must be melted separately from other ingredients, as in making chocolate cake, break into small pieces and melt in a saucer or other small, smooth-sided container easy to scrape clean. Chocolate can usually be melted in the liquid called for in the recipe.

Cocoa may be substituted for chocolate by adding a half-tablespoon of fat to three tablespoons of cocoa. Cocoa is made by removing some of the oil from chocolate and grinding to powder.

Right keeping is as important as right cooking for chocolate economy, says Miss Case. Chocolate is best kept in a cool place to prevent melting and loss of flavor. Sometimes the surface of a cake of chocolate becomes grayish from standing in a warm place, but does not mean spoilage, however, as the chocolate is still good for use.

WHY WE JOINED THE ARMY?

You ask us why we joined the Army? Is it strange for a woman to love Her country? To look at the hills And the rivers and the gorgeous Over-all beauty of this wonderful America of ours, and to thank God that this is our home? Why Should love of freedom and country Be only expected of men? We Women don't perhaps shout our feelings of

Loyalty aloud—we are naturally Reserved about the Things we feel most deeply. But The truth of the old adage that the Female of the species is deadlier Than the male is especially true Of American womanhood when Their loved ones and their homes Are in danger. There is no Glamour in our uniforms—Our Barracks—and oftentimes the slurs Cast upon us by unthinking Persons who cannot understand A woman leaving a comfortable Home to live in an army camp Many miles away—among strangers She has never seen before. We Often find ourselves crying at night

Your Rogue River and Mine

From the Mountain's cold dark gorges
Leaping like a child at play
Winding, widening through the valley,
You, Rogue River, glide away.

Spring's green witchery has woven
Braid and border for your side;
Grace forever haunts your journey;
Beauty dimples on your tide.

Through the purple gates of morning
Now the roseate ripples dance,
Golden, then, when day, departing
On your waters trails his lance.

In your crystal deeps, inverted,
Swings a picture of the sky,
Reflecting true the sky above you,
Or the clouds adrift by.

Clouded often, drowned in turmoil,
Faint and lovely, far away—
Wreathing sunshine on the morrow,
Breathing fragrance 'round today.

Wafting, flashing, tinkling, splashing,
Limpid, volatile and free—
You seem hurried to be buried
In the restless moon-mad sea.

On the roaring waste of ocean
Shall your scattered waves be tossed
Mid the surge's rhythmic thunder
Shall your silver tongues be lost.

Racing to the Wild Forever
Down your time cut channel deep,
Nature guides you on your journey
Your chosen pathway may you keep.

You seem glad that you're a river,
As you flow beside your bank.
If all rivers had a rating,
You would hold the highest rank.

—Smithy.

In the darkness—homesick and blue
But by morning our chins are
Again lifted, and again we
Carry on, laughing, gripping at one
Another—each striving to
Aid the others to keep up morale—
To do their job better towards
Winning the war. We are girls
Just out of school, sisters, wives,
Mothers and grandmothers—and
Deep in our hearts is the same
Courage and determination as in
The hearts of our ancestors—our
Country's safety comes first. That's
Why we joined The Army.

Pvt. Ruth Jolly, WAC.

Replacement Stolen Sugar Stamps Ordered

Consumers may apply to their local war price and rationing boards for certificates for use in replacement of sugar that is lost, damaged, destroyed or stolen, Willard Case, district OPA food rationing officer, announced today. The action becomes effective August second.

OPA regulations already contain provisions for issuance of ration certificates for replacement of lost, damaged, destroyed or stolen meats, cheeses, butter, processed foods and

other rationed food items, and today's action makes similar provision for replacing lost sugar, Case pointed out.

CANNING FOR RESALE

Housewives who can fruit and jams for resale will be allotted enough sugar this year to produce as large a pack as they did in the 1941 canning season, Willard Case, district OPA food rationing executive, announced today, in a new ruling effective August 6.

Previously, these home processors were allowed a maximum of 250 pounds of sugar for the present can-

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PHONE 441

ning season.

Now, however, farm wives, housewives and other home processors of fruits, fruit juices, preserves, jams, jellies and fruit butters for resale may apply to local OPA boards for enough additional sugar to put up the same size pack as in 1941.

To get this additional amount, the home processor must use the sugar to make from fruits and fruit juices only those foods that, in processed form, have a blue point value on the consumer table of point values.

Mrs. Martha DeHaas returned home Saturday after visiting her son, Hubert DeHaas in Medford for a couple of weeks.

Hi-Ways To Health

By ADA R. MAYNE

Oregon Dairy Council

SUMMERTIME HINTS

Anyone who does the same job the year round needs enough calories in food to provide for energy spent. So even during the hot days of summer the homemaker should continue to serve balanced meals to the workers in her family—the kind that include milk, fruit, green and yellow vegetables, and so on. Keep meals simple

in hot weather, however. Dishes that take short cooking and little preparation often have the most appetite appeal on a hot day. Make the most of fresh vegetables and fruits—they are natural summer foods and are not calorie-loaded.

If feed beverages are the family choice do not let them prevent the family from getting the regular quota of milk in some form. This can be done by cooking milk into foods or by using cheese or ice cream. Milk itself is refreshing when served cold as it should be to keep safely and to taste its best. Remember to protect milk from sunlight and heat. Besides helping keep milk sweet this precaution helps in retaining vitamin values.

The war worker's problem of protecting the doorstep-delivered milk bottles from heat and sun can be solved by one of two ways: (1) Enlist the cooperation of a kind neighbor who will put the milk bottles in her refrigerator until you return from work. (2) Place a covered carton or cardboard container into which the milkman may place the bottles delivered. Line the box with excelsior, shavings, straw, strips of newspaper, cotton waste or rags to provide some insulation.

Don't sabotage your food by neg-

lecting the rules of good storage. Guard perishable foods against souring or otherwise spoiling to prevent waste, and even more important, steer clear of food poisoning.

And here's another summertime hint—some extra salt in hot weather helps to replace that lost in perspiration. Drinking cool slightly salted water slacks thirst and helps to get back lost salt.

KYLE'S RESTAURANT

Steak---Chops

&

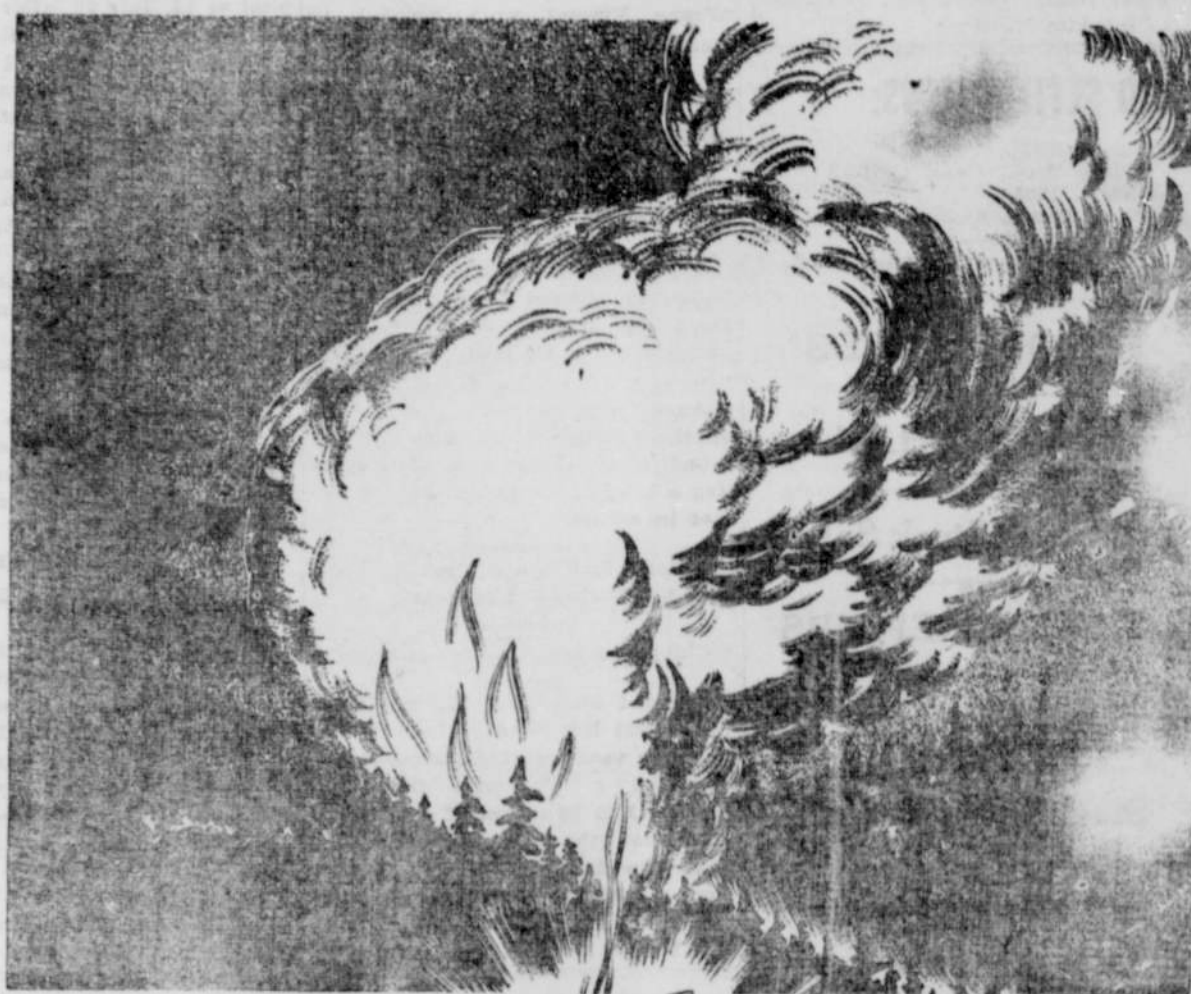
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THE FOREST FIGHTS!



On the battlefronts of the world, forest products are backing our boys in the fight for freedom. From the beaches of Normandy to the shores of Saipan, wood is a number one critical war material. Landing barges, gun stocks, battleship decking, PT boats, airplanes and smokeless powder are just a few of the more than 1200 military uses of wood. Sixty billion board feet of lumber went into the war effort during the past three years and this demand is steadily increasing as we press toward Victory. More than one-third of this wood comes from Pacific Northwest forests—a major part of it from Oregon, the greatest timber-growing state in America. Much comes from Jackson County! Our soil will keep on growing magnificent forests to serve the world—IF WE KEEP FIRE OUT! Foresters say this is liable to be a bad forest fire summer. These hot days, a dry east wind, and one spark, one match, or one cigarette can turn hundreds of acres of precious green forest into blackened ruin. Don't YOU be the careless one!

Now—More Than Ever Before—

KEEP OREGON GREEN

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The CALIFORNIA OREGON POWER COMPANY

Agricultural Prices, Farm Indebtedness, Purchase of Bonds

by W. Preston Thomas

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IMEDIATELY following World War I farmers bid up the price of land to a point where most of the purchasers either lost all of their farm equity or it took a lifetime to pay off the mortgage with low priced farm products. During this period of high prices the farmers of America bid up the price of land and obligated themselves with a heavy debt load as they did in 1918 to 1920? Will they remember the indebtedness they incurred during World War I and how they were forced to carry this burden during a period of 20 years when agricultural prices were depressed? High prices and a post-war depression were new experiences for the farmers during and following World War I. Most of American farmers operating today have experienced both high and low agricultural prices. Will these experiences be remembered and will they plan their economic program more wisely during this period of high prices than was the case from 1914 to 1920?

Economic Program for Farmers

With the present outlook for continued heavy expenditures by the federal government for war purposes and a reduced amount of civilian goods, indications for the immediate future are for continuing good prices. However, with the closing of the war and a reduction of government expenditures and an adjustment in agriculture and industry back to production largely for civilian use, there will most likely come a reduction in prices. The exact time or extent of the reduction can not be predicted.

During the early phases of major wars, farmers should expand production to the limit. However, there comes a time because of uncertainties as to duration of the war and the fact that prices will fall during the post-war period,

when the individual should not expand on long time credit which requires many years to liquidate.

Now is a good time for farmers to increase production for a year at a time or shorter periods by intensive use of available resources. It is a time which calls for caution concerning long-time commitments, especially for purchase of high-priced land, breeding stock, or equipment.

During the period of high prices the wise farmer will pay off his indebtedness and buy United States Bonds. During the post-war period there is likely to be a depreciation in land, livestock, and other farm values as well as reduced prices received for agricultural products. On the other hand the United States Government is guaranteeing the value, with interest, on the E Series of federal Bonds. The dollar invested in Bonds now when prices are high will be returned with interest without depreciation and at a time when the value of other commodities may be low. The value or purchasing power of the dollar invested in Bonds will be greatly increased when other prices are reduced or when an adjustment is made from a war to a peacetime economy. The farmer who is wisely planning his war and post-war economic program will have funds for use to improve the farm and the farm home during the post-war period. Such improvements might include the home, other farm buildings, fences, irrigation and drainage facilities, and the purchase of new equipment for the home and the farm. The present economic program for farmers should be to produce to the limit, get out of debt, buy government Bonds, and make plans to improve the home and the farm for satisfactory living and for economic production during the post-war period.

U. S. Treasury Department