

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

MEAT DISHES

The main dish of the meal is usually the most difficult for any housewife to plan. When in doubt as to what to serve for a family meal, a few slices of crisp, delicately browned bacon on each serving of quickly cooked cabbage, squash, or swiss chard which have been creamed, makes a tempting combination.

Utilizing left-over bits of sour cream in meat cookery is a delectable discovery. A delicious glaze of brown crispiness on fried chicken or chops and roast meats will be achieved if sour cream is added when meat is almost tender. Ham baked in sour cream mixed with one teaspoon of mustard with each cup of cream used is a most savory dish.

Some other substantial main dishes made with meat are:

MEAT SOUFFLE

4 tablespoons butter
4 tablespoons flour
1½ cups milk
1 tsp. salt
1½ cups chopped (not ground) cold meat
3 eggs
Dash nutmeg
Black pepper.

Prepare a smooth white sauce of the butter, flour, milk salt and pepper. Remove from fire and add the beaten egg yolks, stirring vigorously to keep the sauce smooth as velvet. Return to fire and cook two minutes longer. Add the finely chopped meat and set aside to cool. When the meat mixture has cooled, fold in carefully the stiffly beaten egg whites. Turn the mass into a buttered baking dish. Bake in a slow oven for 40

minutes. Serve as soon as removed from the oven with just a little nutmeg grated over the top.

DUTCH MEAT BALLS

Grind 1½ pounds of round steak and 1 lb of lean pork, and a cup crisp bread crumbs. Add 2 eggs, 1 cup of milk. Salt and pepper to taste. Form into balls the size of a walnut and brown in butter. Add 2 cups of thin sour cream and let simmer for 45 minutes. Add a little more milk or cream as it cooks away—there should be enough left to thicken for gravy. Add one can of mushrooms browned in butter and enough flour and water to thicken. Pour the sauce over the meat and serve.

Baked Lamb Cutlets in Milk

2 lbs lamb shoulder steaks
½ teaspoon salt
½ tsp white pepper
1 egg
1 cup toasted bread crumbs
4 tsp oil or drippings
1½ tbsps. flour
2 cups milk
1 tbsps cold water
Cut meat into ½ inch thick service pieces; season with salt and pepper. Beat egg and water together. Drip lamb in egg, roll in crumbs and let stand 5 minutes, then roll in crumbs again. Place oil or drippings in frying pan and when hot, but not smoking, brown meat on both sides; then put in casserole or baking dish. To remaining fat in pan stir flour; cook 2 minutes, or until bubbly, then add milk. Stir until boiling point is reached, then pour over meat, cover and bake in slow oven (300 degrees) 45 minutes; then remove cover and bake 20 minutes longer.

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"AGRICULTURAL WORKERS" DEFINED BY NRA RULING

The definite ruling of NRA exempting agricultural workers from the requirements of the labor provisions of blanket and specific industrial recovery codes, has been received at Oregon State college by George O. Gatlin, extension economist in marketing, who recently returned from Washington, D. C., where he went as the representative of many northwest agricultural interests.

Following is the definition now accepted for agricultural workers

"Agricultural workers are all those employed by farmers on the farm when they are engaged in growing and preparing for sale the products of the soil and or livestock. also, all labor used in growing and preparing perishable agricultural commodities for market in original perishable fresh form. When workers are employed in processing farm products or preparing them for market, beyond the stage customarily performed within the area of production, such workers are not to be deemed agricultural workers."

This subject of exempting agricultural workers from the labor agreements under NRA was an important storm center for many weeks in Washington, Gatlin reports, during

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PERSONAL

LOST PURSE—Thursday, containing \$10, and driving license. Return purse, keep money, Louise Williamson, BR. 6704, after 7. p. m.

Anyone interested in playing golf at the Tualatin Country Club Golf course get in touch with Johnson at Club house.

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LEGAL NOTICES

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR WASHINGTON COUNTY

No. 10073

SUMMONS

Helen A. Clark and P. W. Clark, husband and wife, Plaintiffs

vs

George Francis Rowe and Mrs. George Francis Rowe, husband and wife, Defendants.

To George Francis Rowe and Mrs. George Francis Rowe Defendants:

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the complaint filed against you in the above entitled Court and cause, on or before the expiration of four (4) weeks from the date of the first publication of this summons, and if you fail to appear or answer the plaintiffs' complaint within said time; the plaintiffs for want thereof, will apply to the Court above named for the relief demanded in the complaint, to-wit:

1. Strictly foreclosing that certain agreement bearing date June 27, 1927, wherein the plaintiffs agreed to sell and the defendant George Francis Rowe agreed to buy the following described real property situate in Washington County, Oregon, to-wit:

Beginning on the North line of the Pointe Estate at a stake, which stake is Sixty (60) rods West of the quarter section corner, on the Williamette Meridian, in the East line of Section One (1) Township One, (1) South, Range One (1) West, thence running North Eighty (80) rods, more or less, to a stake near the road on the line between Thomas Duckett and Isaac Barnes; thence East Fourteen rods, to a stake on the South side of the said road; thence South Eighty (80) rods; to a stake on the North line of the Pointer claim; thence west Fourteen (14) rods to the first place of beginning, containing Seven (7) acres, more or less, being a portion of the James Barker Land Claim.

Also the following described property; being a strip of land lying by and adjoining above described tract of land, directly on the East side thereof, being Eighty (80) rods long and Three (3) rods wide, containing one and one-half (1½) acres, more particularly described as follows:

Beginning at the South-east corner of the tract of land above described; thence North, along the East line of the said tract Eighty (80) rods, more or less, on the Northeast corner of the said tract; thence East Three (3) rods, thence South and parallel with the East line of the said tract, as above described, Eighty (80) rods, more or less; thence West Three rods to the place of beginning.

and all rights, interest and equity of defendants in, to or upon said premises and every part and parcel thereof, save and except the rights of the defendant George Francis Rowe to redeem the same on or before a certain date fixed by the Court, and not exceeding sixty (60) days from the date of the decree herein, upon payment to the plaintiffs of the sum of \$2185.02 plus interest thereon at the rate of six per cent per annum from the 29th day of May, 1933, until paid and the costs

which time representatives of agricultural industries pointed out the necessity of such exemption, particularly in view of the lag in farm prices in the general upswing of commodity levels.

Expenses of Mr. Gatlin's trip east were met by cooperative marketing and similar organizations of the northwest needing personal representation during the period of rapid developments pertaining to agriculture. He attended hearings, obtained interpretations, worked on agreements and codes, supplied documents, handled loan matters and otherwise kept in touch with developments of vital interest to Oregon and Pacific northwest agriculture.



Value of Moth Trap Records Shown

HOOD RIVER—The value of the moth trap records kept regularly by the county agent's office here was clearly demonstrated in August when unexpectedly heavy flights of codling moth, as shown by the bait traps, caused many orchardists to apply a second brood spray, which they had hoped to omit. Without this information, the first warning would have come when growers found a considerable number of new worms entering the apples—too late for a spray to be of much value.

Interest Shown in Canary Grass

ST. HELENS—Because of the extremely high water of this past summer, Columbia county farmers are showing keen interest in reed canary grass for pasture and forage on the thousands of acres of Columbia river overflow land adapted to this crop, reports George A. Nelson, county agent. Fourteen farmers who accompanied Mr. Nelson on a visit to the Columbia Stock ranch at Goble recently found that the canary grass there had not been affected by the heavy freeze last winter, and after standing under water for nearly two months prior to the inspection was making a good growth. Three acres was furnishing sufficient pasture for 10 head of stock, and on 12 acres being kept for hay the grass was from 14 to 16 inches high.

Pasture Changed, Milk Flow Drops

CORVALLIS—Taking his herd of cows off Ladino clover pasture and putting them on red clover caused them to fall off 30 per cent in milk flow, Earl Thompson of Benton county told County Agent W. S. Averill. Ladino on Mr. Thompson's ranch showed no winter injury. A group of farmers attending a demonstration meeting held at the Thompson ranch by Mr. Averill recently also saw a piece of stump land that had been seeded to ladino by simply scattering the seed on frosted ground.

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