

Composting Adds \$3 Million Bonds Fertility Values To Garden Plots

Lawn clippings, carrot tops, pea and bean vines as well as much other garden refuse are an excellent source of organic matter for composting, reminds R. Ralph Clark, O. S. C. extension horticulturist. Organic matter is needed in most city and suburban gardens to keep up soil fertility.

Even seemingly useless tree leaves make excellent material to add to the compost heap, Clark states. After material in the compost pile is well rotted, it makes an excellent source of garden organic matter. Clark states that fertility—or the lack of it—is a commonplace problem in most city gardens. The addition of commercial fertilizers—costly and not too easily obtained—will give garden crops a boost, but these do not add to the supply of organic matter in the soil. Thus, much garden refuse that normally is carted away by the garbage man or burned is a good source of or turned needed organic matter.

No definite formula for a compost heap can be given, according to Clark. Compost heaps vary to suit the whims and fancy of the many gardeners who tend them. A simple way of making a compost pile, however, is to pile the mass of leaves or other organic matter to a depth of approximately twelve inches. Then, spread on a layer of sulfate of ammonia

\$3 Million Bonds Subject for Vets State Home Loan

Authorization to issue a \$3 million block of bonds to finance the Oregon state veterans' home and farm loan, on which ex-servicemen of World War II are now borrowing at the rate of nearly \$700,000 a month, has been granted state Veterans' Affairs Director William F. Gaarenstroom, it was announced this week.

This authority, given by the or other nitrogen fertilizer. Add a layer of superphosphate and lime at the rate of one-fourth pound per square yard. Wood ashes are a good substitute for lime, Clark adds.

As more organic matter is added to the pile, each successive layer is given the same treatment. Add enough water to keep the material moist. This will aid in decomposition. On each layer of organic matter an application of manure or rich soil will also provide bacterial assistance.

After eight to ten weeks, Clark suggests that the pile be forked and turned over. Repeat the turning again three weeks later. Turning and mixing speeds the rotting process. Without composting, organic refuse, such as lawn clippings and leaves are not readily mixed into the soil, Clark concludes, though they are used as a mulch by many gardeners.

seven-man advisory committee to the department at its regular quarterly meeting, represents a change in policy, according to retiring chair man John Walker Jones of Milwaukie. Since the organization of the department, bonds have been sold in blocks of \$1,000,000 at a time, but increasing demand by Oregon's veterans for the popular four percent, \$6,000 loan has made it necessary to increase the amount of funds available, Jones explained.

After preparation and sale of the newly authorized issue, expected in the near future, a total of \$10,000,000 in bonds will have been sold since the start of department operations in the fall of 1945. More than \$3,200,000 was loaned to veterans in the first six months of 1948 alone to purchase homes and farms.

In state educational benefits to World War II veterans who were Oregon residents for one year prior to service, 2169 grants have been made amounting to \$321,702. Gaarenstroom reported to the advisory committee. This benefit pays \$35 a month to veterans, for each month spent in active service, while attending academic or vocational schools.

In the annual election of advisory committee officers, William F. Toomey of Portland was named chairman to succeed Jones, Ray Dorris, Portland, succeeds Toomey as vice chairman and Roland Davis, Portland, replaces Carl F. Freilinger of Milwaukie as secretary.

Polio Threat Is More Dangerous In Summer Time

A mother's worries about her child getting sick are confined to no particular season. For instance, once winter is over and there is less chance of such things as colds and influenza, there are possibilities of diseases that seem to come with warmer weather. One of her greatest "vacation-time" fears is poliomyelitis, or infantile paralysis.

"Polio" strikes most frequently during the summer months, usually reaching its peak in late summer or early fall. The disease is caused by a virus so small that it cannot be seen under the ordinary microscope. It attacks nerve cells that control the muscles, most commonly the muscles of the arms and legs. These muscles may become weakened and, in the more serious cases, complete paralysis of the limb may result.

Most people think polio always brings permanent crippling, but this is not necessarily the case. More than half of those who get the disease never suffer weakened muscles or paralysis and, among those whose muscles are paralyzed, more than half recover without serious crippling.

Despite its popular name, "infantile" paralysis, the disease strikes people of all ages, although

most cases reported are in children.

We still know very little about preventing polio, but if the disease is occurring in your community there are some precautions that will help lessen the chances of contracting it. Fatigue makes people more susceptible to the paralyzed form of polio, so avoid exercising too hard or getting overtired. Sudden chill weakens a person's resistance to the disease, and we take chances when we stay too long in cold water or plunge into icy water after being in the hot sun. Swimming in dirty or polluted water, or allowing children to wade in it, is also dangerous.

During a polio outbreak, keep children out of crowds, away from polio patients and from all other sick children, no matter how slight their illness might seem, since symptoms in an unparalyzed case or early symptoms in a paralyzed case may merely be considered a "cold" or "flu." Doctors advise postponing tonsil and adenoid operations during an epidemic since children are more vulnerable to a serious type of polio infection at the time of and for a while after such surgery.

General habits of cleanliness are important, too. Protect all foods from flies. Garbage in the home and in the street should be kept covered and disposed of promptly. Remember to wash your hands before eating to avoid carrying germs into the mouth.

While we have no specific preventive for polio, we have learned much about treating it. Prompt medical care often wards off possible crippling effects, so the important thing for a victim of polio is to get under the care of a good doctor at once. Early symptoms of polio include headache, listlessness, fever, upset stomach or a cold. When a child shows any of these signs, call the doctor at once so that he can make the wisest decisions for the sick child's care and treatment as early as possible.

For more information on infantile paralysis, consult your family doctor, or get in touch with your local chapter of the National Foundation for Infantile Paralysis or write the national office of the foundation, 120 Broadway, New York 5, N. Y.

Persecution is the weakness of tyrants engendered by their fear, and love will cast it out. Continue steadfast in love and good works. —Mary Baker Eddy.

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Congress Allows Pay Increase for War Disabled

Veterans with service-connected disabilities rated 60% or more will receive increased compensation on October 1, in the form of additional allowances for dependents, the veterans administration has announced.

The monthly compensation increase, authorized by the 80th congress, will depend upon the degree of a veteran's disability and the number of his dependents. Previously, the law permitted compensation only for the disability, regardless of a veteran's dependency status.

Following are the compensation increases authorized for veterans totally disabled due to war-service: Wife but no child, \$21; wife and one child, \$35; wife and two children, \$45.50; wife and 3 or more children, \$56; no wife but one child, \$14; no wife but two children, \$24.50; no wife but three or more children, \$35; plus \$17.50 for each dependent parent.

Comparable peacetime rate increases are: Wife but no child, \$16.80; wife and one child, \$28; wife and two children, \$36.40; wife and three or more children, \$44.80; no wife but one child, \$11.20; no wife but two children, \$19.60; no wife but three or more children, \$28; plus \$14 for each dependent parent.

High Exam Total Score Wins Four Yr. Nurse Course

By scoring the highest total in an examination for a four year scholarship at the University of Portland college of nursing, Joan Dove, 17, granddaughter of Dr. and Mrs. T. J. Hetu, Beaverton, was chosen over 138 other high school graduates competing for seven scholarships. Value of the award is set at \$1200.

Miss Dove is a graduate of St. Mary's Academy and of St. Philip Neri parochial school. She will enter the University of Portland in the fall and will take her nursing training at St. Vincent's hospital, Portland.

Veterans rated between 60 and 100 percent disabled will receive proportionate amounts of the maximum war or peacetime rates. Veterans in training under the G. I. bill or public law 16 are not eligible for the dependency compensation during periods they receive increased compensation or subsistence allowance for dependents. They may, however, choose to receive whichever is the higher amount.



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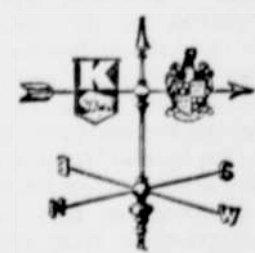
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