

The Woman's Corner

By Mary Grace

Dear Mary Grace: Is it true that neither spaghetti nor macaroni have any food value, are high in calorie count and should be avoided? My family likes spaghetti and I serve it frequently—what would you suggest? Thank you, Mrs. J. D.

Dear Mrs. J. D.: It is true that macaroni and spaghetti have little vitamin or mineral content—but the calories are no higher for a serving than for a medium sized potato. Since macaroni or spaghetti is usually served with meat, cheese or tomato sauce, it becomes important to our diet—meat, cheese and tomato sauce provide protein, minerals and vitamins. I suggest the continued—if moderate use of this food. The recipe given here is nutritious and complete as far as vitamins, minerals and proteins are concerned. Serve it with sliced tomatoes.

SPAGHETTI TREAT:

Ingredients for 6:

3 tbsp. onion minced
 1/2 cup green pepper minced
 3 tbsp. flour
 1/4 cup butter or margarine
 2 cups milk
 1/2 tsp. salt
 1 cup cheese grated
 2 eggs well beaten
 4 cups cooked spaghetti

Method:

Saute onion and pepper in fat. Stir in salt and flour, blend. Add milk slowly, stir constantly. Cook 2 minutes. Set aside. Add cheese, stir until it melts. Add eggs and spaghetti. Pour mixture into baking dish or individual baking dishes. Set baking dish or dishes in hot water. Bake in moderate oven about 1 hour or until firm. Serve plain or with cheese sauce. To make cheese sauce: Add 1/2 to 1 cup grated cheese to medium white sauce—stir until cheese melts.

Did you know that older people whose activities have lessened need less starches, sugars and fats—and more meat, vegetables and fruits?

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Northwest Gardens

By JOHN H. HANLEY, Ph. D.

HOLLYHOCKS ARE STATELY THINGS...and, though they may seem to be somewhat large and coarse for small gardens, there are few plantings which cannot support at least a few of them. A nice thing about them is their habit of year-after-year persistence. Once you have them they are usually there to stay and, even when the young volunteer seedlings start springing up everywhere, they cannot be regarded as too weedy and bothersome because they are so easily removed by hand.

Main trouble with Hollyhocks is the presence of an unsightly rust disease which, though it is very difficult to completely control, can usually (and should certainly) be reduced as much as possible by regularly applying one of the all-purpose dusts. Those heavy, brownish spots on the lower surfaces of the leaves are the rust pustules.

Because of their large size, and general stateliness, Hollyhocks may be planted to advantage in the far corners of the garden where their towering height will carry them well above most of the surrounding flowers and shrubs. Those who wish to add an extra special touch to the plantings around the summer cottage, or the place in the country will find, too, that the

general hardiness of the Hollyhock makes it more than ordinarily worthy.

Many gardeners concentrate on the double-flowered forms as being the preferred sorts, but the clear-colored yellow, rose, pink and even the dark maroon shades among the singles are highly desired, too. One can be more careless with the soil in which the hollyhocks are to be grown (and still get fair results) than they can be for most other garden flowers, but it really pays to fertilize them and to add both fertilizer and plenty of organic matter to the soil as it is being prepared.

SOIL TREATMENTS...for the control of such pests as the carrot rust fly (carrot worm), onion maggot and strawberry weevil have become much simplified and more efficient with the introduction of the new dusts and sprays.

The Experiment Stations in Western Washington recommend chlordane materials on food items, but a combined mixture containing chlordane, lindane and DDT has been found to be more expedient to use on everything except the root crops.

The great advantage that these dusts and sprays enjoy (over many of the liquid materials of the soil fumigant type) springs from the fact that they last so much longer in the soil. This is a vital point when one considers that every one of these pests migrates into the planting over months and months of time.

Blueberry growers in Western Washington are placing great faith in the combination dusts, worked right into the soil at the time of planting or dusted on the surface every year in the established fields.

They are after the Strawberry weevil, one of the very worst pests not only of blueberries, but also of tuberous begonias, fuchsias, evergreen and deciduous azaleas, summer phlox, columbine, raspberries, rhubarb, rhododendrons, camellias and many other garden and field plants.

To mix one of these good dusts into the soil prior to the planting or seeding, then to apply either the spray or dust several times at ten-day or two-weekly intervals to the foliage of the carrots, onions, radishes which are in constant difficulty from the three different worms which attack them, will give the gardener the best possible chance to grow clean vegetables.

WEST-SIDERS OFTEN BOAST about the early blooms they get on gladiolus and dahlias, early blooms which result from the fact that they can usually plant very early. But this year it's another story.

Elsewhere In Oregon

EVENTS CHRONICLED BY OUR CONTEMPORARIES IN NORTHWEST COMMUNITIES

POLICE SHORTCAKE WOES

Lebanon has had a mite of trouble with its police force, all somehow associated with the strawberry shortcake festival recently held.

The EXPRESS reports that the entire night force of police officers (3 men) handed in their badges during the annual event.

The assistant police chief, offering no explanation, reportedly declined to work on the festival shortcake on Friday evening and the next day yielded his credentials.

The other two figured in a rhubarb traceable to confusion over city policies. Seems they yanked a man from a parked car and had him tossed in the city clink on a charge of being drunk in a car—all this, of course, over the voluble protests of some three companions.

The three pals appealed to the chief of police who released the man, a visitor from out of town. Both officers resigned, even after they were told the city permitted such excess jollification as long as the celebrant had company who could care for him.

Ah, festivals! They do something to a town.

CENSUS FIGURES SHORT

St. Helens is in a mild dither, to quote it mildly, over the shocking revelation of official census figures as released recently.

The CHRONICLE breaks the news that within 10 years the city has registered only an increase of 399, or a total of 4703.

Evidence abounds that the lower Columbia valley expected a much more kindly response from the nose-counting exercise. The census supervisor allows there might be a slight revision as returns from non-residents are credited their proper localities. But any materially significant change is not anticipated.

The county showed a moderate increase from 20,971 in 1940 to 22,725 at the last count.

SAUCER INQUIRY FLOOD

McMinnville finds itself in the center of a deluge, as a result of some publicity buildup.

The TELEPHONE-REGISTER relates a veritable flood of inquiries on the flying saucer pictures run the previous week and generously reprinted in Portland and national dailies.

The city and its county has become identified as "Saucerville, U.S.A." as a steady stream of mail has asked for photos and more facts.

Meanwhile, the farmer who snapped the two pictures of an unusual, elliptical-shaped object flying overhead has been subject to an attack of flashlight-nerve as the result of being photographed by newspaper and magazine photographers.

A reprinting of the last week's issue may be required, to meet the demands for copies of the flying saucer issue.

POPULATION GAINS 427

Big news in Philomath is the gain of 427 residents in ten years. The BENTON COUNTY REVIEW lists its preliminary census count at 1283, a figure which does not include citizens who live on a couple of street extensions.

County total is 31,524, of which Corvallis has the lion's share with 16,173—including OSC students not included in the 1940 census.

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