

### Best Seed None Too Good For All Victory Gardens

Early selection of good seed is something that can be done now toward the success of a 1943 victory garden, reminds A. G. B. Bouquet, professor of vegetable crops at Oregon State college. Seed catalogs are now arriving including those from Oregon firms which are prepared, in many cases, to provide locally adapted strains and varieties.

An experienced seedsman is important to garden success just as is a trained medical doctor or dentist to health, says Professor Bouquet. An experienced seed dealer who knows seed varieties is much more likely to contribute to the success of the garden than one who handles seed merely as a side item, he says.

While some seed may appear at first glance to be rather expensive, the actual cost of seed for a garden is so small in comparison to the value of the products that the best seed is the cheapest, no matter what it cost, adds Professor Bouquet. Seed that is purchased on a cost basis alone often gives unfavorable results, either with poor germination, lack of uniformity, or both. Most successful commercial gardeners buy the best seed available regardless of the price, knowing that the cost of seed is a com-

paratively small item in any case.

Professor Bouquet recommends early purchase of seed while full stocks are available, and also the purchase of only as much as is likely to be needed this year. Extension bulletin No. 552 lists desirable varieties and suggests the amount of seed necessary to plant varying areas of the different vegetables.

#### RATIONS ON VACATION—

Charles E. Myers of Davenport, Wash., planning a Christmas vacation in warm southern California, read about a food shortage there, so he tucked these northern comforts in his suitcase; butter and a pound of coffee; four dozen eggs, two pounds of

#### IT'S A MOVE—

Edward W. Hanning, 32 of Philadelphia, Penn., who moved across the street, was under \$1,000 bail on charges of failing to notify his draft board of a change of address. Hanning said that he did not think notification was required for such a "slight" change. United States Commissioner Norman J. Griffin replied that "a miss is as good as a mile."

SALEM—Thirteen rural Marion county schools are closed for lack of teachers. In 15 other schools, substitutes now are teaching regularly.

#### OUR BOYS IN SERVICE—

S/Sgt. Geo. W. (Bill) Huffman is visiting in Ashland on a fifteen day furlough. Bill is stationed at Fort Lewis, Gray field having been there two and one half years. He is in charge of the welding shop on Gray field. Bill has attended the Ashland school most of his life.

#### Lowered Quality Means Future Dairy Troubles

Dairy products manufacturers who allow quality of their output to slip during wartime are laying up trouble for themselves and the whole industry after peace comes, warns Dr. G. H. Wilster, head of dairy manufacturing work at Oregon State college. Results of the latest quarterly butter grading and analysis service

showed a reduction in average quality of the 46 samples submitted, which he termed unsatisfactory.

"These are difficult times and problems are many," wrote Dr. Wilster in connection with his report on the confidential scoring. "All creameries are operating under high pressure and they are short of skilled personnel. Nevertheless, it is highly important that dairy products of high quality and of uniform composition be made even under these difficult conditions. The Oregon butter industry must prepare itself to meet marketing problems after the conclusion of the war. The best way to meet the competition of so-called substitutes is with butter that has a fine flavor, that has a waxy body and spreads well, that contains the right amount of salt, and that has a pleasing color."

#### PRACTICAL HEALTH HINTS

### The Most Deadly Wartime Gas

By Dr. James A. Tobey

POISONOUS gases had not added to the horrors of war during the first year of the present world conflict. It is alleged, though, that the treacherous Japs employed gas at times against our valiant allies, the hard-fighting Chinese.

We must, nevertheless, be prepared for gas attacks from our desperate enemies, who will use any uncivilized, barbaric means to gain their nefarious ends. All civilians should familiarize themselves with ways to cope with poisonous gas.

There is, moreover, one deadly gas that is always with us. It is more quickly fatal than most of the war gases. It is more insidious in its action.

This gas is carbon monoxide, the colorless, odorless vapor in the exhausts of our automobiles. It occurs also in illuminating gas, in the incomplete burning of coal and coke, and it is found in sewers, old wells, and farm silos.

If you want to live long, never make the fatal mistake of running your automobile in a closed ga-

rage. Never drive it in winter without one window partially open. Be careful about regulating your coal furnace, and watch your gas burners. Leaks are dangerous, as are open, unlit gas valves.

When carbon monoxide is breathed, it combines with the red blood cells, displacing oxygen. Only a little is required to cause loss of consciousness, and only a little more to cause death.

The first symptoms of this type of poisoning are yawning, headache, lassitude, dizziness, nausea, ringing of the ears, and heart throbs. The complexion turns cherry red.

A victim of carbon monoxide, if alive, should be gently removed to fresh air, preferably in a warm room. If unconscious, he should be given the prone pressure method of resuscitation used in cases of drowning. A doctor should be summoned and an inhalator sent for.

If the victim recovers, he needs a diet rich in iron, which makes good red blood. Best foods for the purpose are liver, egg yolk, whole wheat and enriched white breads, dried fruits, lean meats, dried beans and peas, molasses, and oatmeal.

Prevention is, as usual, better and safer than cure.



Dr. J. A. Tobey

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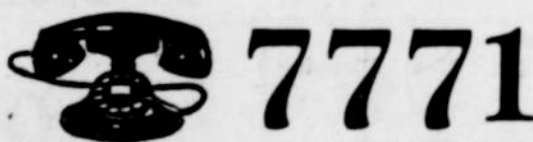
THE MOST YOU CAN BUY IS THE LEAST YOU CAN DO



Many of China's millions of Refugees are fed, clothed, healed and given a new start by the Episcopal Church in America, through a fund called "The Presiding Bishop's Fund for World Relief", which contributes to needy in many lands through accredited relief agencies.

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