

Rogue Valley Farm Homemakers Open Two-Day Conference

DISCUSSIONS TO SET STANDARDS FOR HOME LIFE

Farm Women From All Sections of Valley Present—Meeting Is First in Oregon—Experts Here.

The first Farm Homemakers Economic conference to be held in Oregon opened this morning at the First Christian church with farm women from all sections of the Rogue River valley in the audience and speakers representing all lines of farm work present from Oregon State college and Washington, D. C.

Mrs. Ethel K. Lathrop, member of the home economics committee for Jackson county, presided. Paul V. Maris, director of the extension service of Oregon State college, was the first speaker on the program and emphasized the need for more efficient farmers and a higher standard of farm living. Such a program, he pointed out, can not be accomplished in a few years but would be the ideal of every farmer. People without resources, he stated, should keep out of farming. What we need is better farm homes and the accomplishment of them devolves upon the farm men and women.

"By standard farm home," he continued, "is meant the kind of home that the farm people of our day should have—measured in terms of material equipment, convenience, comforts and operating budget." This, of course, is not something everyone can do immediately but that fact should not detract from the value of the standard.

How the agricultural program waits upon the data obtained on home requirements was told by Mr. Maris, who showed that readjustments constantly needed to comply with the changes of food habits and other practices. The increase in production of certain products, the decrease in consumption of others must be reckoned with before programs are outlined.

The consumption of sugar, for instance, he showed, doubled during the years between 1888 and 1928. During the same period the production of spinach increased from 3,000 cars to 11,000. Cereals during this period realized a decrease and fruits and vegetables a corresponding increase.

When dairying is the only source of income the dairyman should have at least 18 or 20 cows in order to derive an income sufficient to support a family of five. Mr. Maris said surveys made throughout the state of Oregon show. He should also have a capital outlay of between \$15,000 and \$15,000.

Through data received from the farmers, Mr. Maris concluded the extension service plans to reorganize the program to meet the farmers' needs. Professor A. Grace Johnson of the department of household administration, Oregon State college, will meet with all conference groups considering the cost of living. "Household Records and Successful Homemaking" is the subject of the address she will give at tomorrow's meeting. An interesting sidelight will be the influence of spending upon character-building.

Other speakers who will be heard before close of the two-day program are: Madge J. Reese, field agent in home demonstration and club work; Carlisle Nye, state leader of home economics extension; Lucy A. Case, nutrition specialist; Harriet K. Sinner, clothing specialist; Zelta F. Rodenwald, home management specialist; Mabel C. Mack, home demonstration agent for Jackson county, and I. G. Fowler, county agent.

Thelma Gaylord, home demonstration agent for Clackamas county, and Gertrude Shaw, home demonstration agent for Lane county, are also attending the conference.

Experience of Experts Made Available For Women



Among experts who will be heard on the program today and tomorrow at the Farm Homemakers Economic conference are, left to right, above: Mabel C. Mack, home demonstration agent for Jackson county; Zelta F. Rodenwald, home management specialist; Lucy A. Case, nutrition specialist; Harriet K. Sinner, clothing and textiles specialist; below: Paul V. Maris, director of extension service; A. Grace Johnson, professor in the household administration department of Oregon State college, and Madge J. Reese, field agent in home demonstration and club work for the western states in the extension service of the United States Department of Agriculture.

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Family Food Guide Shows Health Conserving Menus

(By the Bureau of Home Economics, U. S. Department of Agriculture.)

Every meal—Milk for children, bread for all.

Every day—Cereal in porridge or puddings; potatoes; tomatoes (or oranges) for children; a green or yellow vegetable; a fruit or additional vegetable; milk for all.

Two to four times a week—Tomatoes for all; dried beans and peas or peanuts; eggs (especially for children); lean meat, fish or poultry, or cheese.

Cool-liver oil is an easily available source of vitamins A and D and is useful for adults as well as children as a supplement for diets deficient in these vitamins, such vitamin-deficient diets as will be more common this winter as a result of the employment emergency and the drought, according to Dr. Hazel Munsell, chief of the nutrition studies section of the bureau of home economics, U. S. department of agriculture.

Children need not steal your health

There should be no health penalty attached to motherhood. There isn't among really healthy women. Expectant mothers who think of the baby's health as well as their own, should take a good vegetable tonic to protect the two lives—Dr. Pierce's Favorite Prescription. All dealers.

Every package of it contains a Symptom Blank. Fill it out and mail it to Dr. Pierce's Clinic, Buffalo, N. Y., for FREE medical advice.

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MILLIONS ENJOY UNUSUAL THRILL IN RARE COFFEE

Patented Roasting Process Gives Hills Bros. Coffee Distinctive Flavor

By a radically different process of flavor-control, Hills Bros. have given their rare blend of coffee a flavor such as no other coffee has. "A little at a time" is the basis of this patented process—Controlled Roasting. A constant stream of green coffee is introduced into the roasters in automatically measured lots of about three pounds, and passes through in a steady flow, roasting a little at a time. The heat is automatically controlled so any variation in the roast is absolutely prevented.

Such uniformity of the roast is not possible by bulk methods. In spite of watchful care some of the coffee is roasted too much—some too little. Flavor variation is therefore inevitable.

As fast as Hills Bros. Coffee is roasted, it is ground and packed in vacuum. By this process air, which destroys the flavor of coffee, is taken from the can, and kept out. Ordinary cans, even if air-tight, will not keep coffee fresh. Ask for Hills Bros. Coffee by name and look for the Arab—the trade-mark—on the can. Sold everywhere by grocers. Hills Bros. Coffee, Inc., San Francisco, California. ©1931

SATURDAY SPECIALS

Raised Doughnuts 15c doz.

Buttermilk Cookies 12c doz.

VALENTINE SPECIALS Cakes and Cookies

Mocha Cakes 23c doz.

Homemade Bread 2 for 15c

Pumpernickel Bread 13c

Model Bakery 111 W. Main



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EGG PRODUCERS OF OREGON GET HOPEFUL WORD

Orders for Baby Chicks Show Country Will Not Produce On Recent Basis Next Fall.

PORTLAND, Feb. 4.—(AP)—A bright ray of economic sunshine, calculated to revive and nourish the languishing hopes of Oregon poultry and egg producers who for many weeks have nervously wrangled under the cloud of market oversupply with its consequent depression of prices to levels figured below cost of production, today reached the state by telegraph from Kansas City.

"Present orders for baby chicks not more than 35 per cent of last year over the whole country," wired headquarters of the International Baby Chick association to E. J. Dixon, manager of Pacific Co-operative Poultry producers here which markets most of the Oregon poultry production.

This Dixon avers, is almost certain evidence that poultry on farms of the nation will be eliminated and Oregon poultrymen who "stay in the game" will be assured living prices again for eggs.

International Baby Chick association membership includes nearly all the baby chick men in the country and condition of their business is conclusive, according to Dixon.

GIANT DAIRY FIRM LOOKING TO COAST

NEW YORK, Feb. 4.—(AP) Dow, Jones & Co., in a special dispatch from Los Angeles, quotes Thomas H. McInerney, president of National Dairy Products Corp., as saying that National Dairy has decided to expand operations to the Pacific coast and is surveying several of the major Pacific coast

dairy companies with an idea of possible absorption.

It was reported that preliminary conversations already have been held with Golden State Co., Ltd., and Western Dairy Products Co., separate and independent organizations.

Princess Given Kilt LONDON (AP)—The only eight-foot-tall Princess Elizabeth should have a kilt, for her mother, the Duchess of York, in Scotland, Elizabeth now has one presented to her father and mother when they inspected the army's

PAISLEY PATTERNS FOR HANDKERCHIEFS

NEW YORK (AP)—Photographic copies of old lace are employed for the latest chiffon handkerchiefs which are coming into vogue. Paisley patterns are also copied photographically for reproduction on handkerchiefs. Classified advertising gets results.



For the girl in her 'teens

Doing something every minute! Something strenuous that burns up energy and keeps her high-spirited and merry! That's the girl who will be benefited by a cup of Ghirardelli's at breakfast—for nourishment. At bedtime—for relaxation.

It's "good for her." In fact, Ghirardelli's Ground Chocolate is among those things which impatient youth "likes a lot"—and so does everyone else.

Moreover, Ghirardelli's is an ideal chocolate blend which contains just enough fat to be easily digested.

Say "Ghirardelli" to any grocer

Here's a BETTER BREAKFAST for every member of your family...

Better because the enticing palatability of H-O Oatmeal invites youngsters and grown-ups alike to eat exactly the kind of a sustaining breakfast that they need for school or work or play.

There's no other oatmeal like New Style H-O because no other oatmeal is treated to the H-O pan-roasting process. It brings out the delightful "nutty" flavor of the friendly little oat kernels. It makes them stand out individually when they're cooked... prevents them from adhering to each other in a pasty mass, as flakes of ordinary oatmeal do.

The quickest hot breakfast, too. Cooks in 2 to 3 minutes.

The Hecker H-O Company, Inc., Buffalo, N. Y.



THIS MIRACULOUS PLUME OF LIFE AND HEALTH

The robust oat, born of the sun and the soil, contains fat, mineral salts, protein, phosphorus, sugar and starch. Vital elements for the human body... priceless. The more you know about oats the more you realize they are the kindly little friends of all mankind. We, the sponsors of H-O, respect the oat so highly that we give it the most exacting preparation known to the modern civilized world.

- Cream of peanut butter soup
 - Fried potatoes
 - Toast
 - Butter
- Milk for all Stewed dried peaches
- Corn Meal Griddle Cakes
 - 1 cup corn meal
 - 4 cup flour
 - 2 1/2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1/2 cup sugar
 - 1 tablespoon melted butter
 - 1 egg
 - 1 cup milk
- Mix the dry ingredients. Beat the egg and add it to the milk and the melted butter, then pour into the dry ingredients and mix well. Cook immediately, dropping by spoonfuls on a hot griddle, cook on one side until golden brown, and turn on other side and brown.
- Rice Pilau (Turkish Pilaf, Risotto, Spanish Rice)
 - 2 thin slices salt pork cut into bits
 - 3 cup uncooked rice
 - 3 cups hot water
 - 2 medium onions cut fine
 - 2 cups tomato juice and pulp
 - 1/2 cup chopped celery
 - 4 tablespoons minced parsley
 - Salt
 - Pepper
 - Paprika
- Fry the salt pork until slightly browned. Add the rice which has been washed and drained, and stir with the salt pork until the rice is a golden brown. Add the hot water gradually, cover, and cook. Slightly brown the onion in a small quantity of fat, and add with the celery to the rice mixture when the rice is becoming tender. Cook 10 minutes longer. Add the remaining ingredients.
- Place in a greased baking dish, and bake 30 minutes in a moderate oven (350 to 375 degrees Fahrenheit).
- Rice Pilau is often served with creamed or curried meat, or meat warmed in gravy.
- Numerous variations are made of this dish as the following: Add cooked chopped meat, or grated cheese, before baking; or, omitting celery and parsley, add minced green pepper; or substitute meat stock for water.
- Five-Minute Cabbage
 - 1 1/2 quart shredded cabbage
 - 1 cup milk
 - 1 cup cream or rich milk
 - 2 1/2 tablespoons butter
 - 1/2 tablespoon flour
 - Salt
 - Pepper
- Cook the cabbage for two minutes in the three cups of hot milk. Add the cup of cream or rich milk, the blended butter and flour, and the seasoning and cook rapidly for three or four minutes. The result is a crisp vegetable, delicate in flavor and color.
- Peanut Butter Soup
 - 1 quart milk
 - 4 tablespoons flour
 - 1/2 cup peanut butter
 - 2 teaspoons salt
 - 1 teaspoon finely chopped onion
- Heat three cups of the milk in a double boiler. Mix the remaining cup of milk with the flour and peanut butter, and when this mixture is smooth pour some of the hot milk into it; then combine with the hot milk in the double boiler. Add the salt and onion and stir until the soup has thickened. Cook a few minutes longer and serve with crisp toast.

MILLIONS OF POUNDS USED BY THE GOVERNMENT

Same Price for 25 cents

25 ounces

KC Baking Powder

for over 40 years

PURE AND EFFICIENT

MENU FOR ONE DAY

Breakfast

Cooked cereal Milk

Corn meal griddle cakes Molasses

Coffee (adults)

Dinner

Rice pilau Five minute cabbage

Bread Butter or margarine

Tea (adults) Milk (children)

Supper