

Stored Garden Surplus Will Help Winter Diet

By Bureau of Home Economics, U. S. Department of Agriculture.

The plan is the thing, and we are talking about your garden. Not just your garden, either. Your food supply next winter, as well as through the summer. If your garden is to help out all the year round, it must yield more than merely fresh vegetables enough for your table during the growing season. For a well-balanced winter diet, you will need to draw upon three sources for your vegetables and fruits. First, your fruit and vegetable cellar, if you are blessed with such, where lie your potatoes, sweetpotatoes, cabbage, and the other vegetables that can be stored—carrots, turnips, squash, etc. Also apples. Then your pantry shelves, well-filled, let us hope, with canned fruits and canned vegetables, especially tomatoes. Also dried beans or both, nuts if you can get them, and other dried foods especially dried corn and dried okra, likewise some dried fruits. Third, and last, of course, for what you have not stored or canned or dried, you go to the grocery store, where you hope to spend only what you must to supplement your home supplies.

But, how much can your garden grow? And do you have any apple trees or berry patches? How much food should you try to put away for winter? The Bureau of Home Economics of the U. S. Department of Agriculture can tell you how much of vegetables and fruits you need for a proper diet, summer or winter. Your state agricultural authorities, your county agent or any of your state extension workers, can help you with a food preservation budget and a garden plan to fit your climate and location.

So much for the beginning of a plan—providing, first, for fresh garden foods throughout the growing season, then a four-part budget of your food needs for the winter, to be provided by storing, by canning, by drying, and by purchasing. What you can grow for storage can be determined right off by how much ground you have. Potatoes, cabbage, turnips, squash, take a lot of garden space. Perhaps you will have to buy them. That might mean drying more corn, beans or peas, for it is easier to dry these vegetables than to can them.

Your canning budget should be determined first of all by your needs, of course, but no less important are your facilities for canning. Corn and peas, for example, should be canned only with a steam-pressure cooker. This is true of all the non-acid vegetables, which means all except tomatoes. There is no economy in canning sweet potatoes, or any other vegetables that can be stored.

Tomatoes and fruits, however, are easy to can. With an eye to winter needs, it would be a good policy to plant plenty of tomatoes for canning, and—unless you have a steam pressure cooker—give less attention to canning other vegetables, which need temperatures higher than can be obtained either in open-kettle or water-bath canning.

But, there is another possibility—a probability rather. Even if you do not, yourself, own a steam pressure cooker, you may be able to use one this summer, for there will be more community canning centers than ever, just as there are more community gardens. If you do your canning in such a center, well-equipped and well-supervised, you can put up vegetables of all kinds, and meats also, with greater expectancy of success.

And now for a little figuring. For a well-balanced diet through 6 or 7 months of winter, says the Bureau of Home Economics, your family of five should have about 10 bushels of potatoes; at least 1½ bushels of cabbage and 3 bushels would be better (you can make some of it into kraut); 1½ to 2½ bushels of carrots, yellow turnips, or yellow squash; 1 to 1½ bushels of onions; 8 to 15 bushels of apples; dried beans 1 to 2 bushels; dried fruit, 30 to 40 pounds. If your garden and orchard yield that much more than your summer-time needs, and if you have a good storage place in which to put them away, that supply of stored vegetables and fruit will go a long way toward good living in winter. Canned or dried

fruits and vegetables should do the rest. That calls for a canning budget which would include anywhere from 150 to 300 quarts of canned vegetables, largely tomatoes; and it should include 100 to 200 quarts of canned fruits.

Those are outside figures, of course. Your needs will vary between those lowest and highest figures, according to the length of the winter in your part of the country, and the quantity of apples, potatoes, pumpkins, squashes, carrots, onions, beets, turnips, rutabaga and cabbages you may put away in your vegetable and fruit cellar. Your store of canned foods may have to carry you through some dry weeks in summer, if you have that kind of weather and your garden falls in in mid-season. You and your state or county agricultural authorities will know best how to provide for that and other local situations or probabilities.

The point is, the Bureau of Home Economics repeats, a plan. You may think it makes no difference. Why not take things in the season as they come, and put up as much as you may of each? The answer is: When you do that you are likely to fill up all your jars with early fruits and vegetables and have few containers left when the late tomatoes come along—and—except oranges and grapefruit—tomatoes are your most important source of vitamin C in winter.

In other words, when you plan your garden with year-round budget in hand, you are almost certain to find yourself, when winter comes, with a better-balanced and more varied food supply than you would have if you took things as they come along. You balance your food budget this way.

Looking ahead, then, you will want from your pantry shelves next winter canned foods enough to last until fresh vegetables and fresh fruits come again in the spring. You will want the canned foods in addition to the root vegetables and cabbage you have stored, and in addition to dried beans or peas or dried corn. On the days that you serve tomatoes you can do without fruit if you wish. On the days that you serve cabbage or carrots or sweetpotatoes or turnips or squash, you do not need green beans or peas or spinach or other greens, although it is a good thing to have them and fruit besides.

Or to put it another way—probably you will serve potatoes almost every day at one meal or another. Most people do. But you need, besides potatoes, at least one other vegetable and preferably two, and also a fruit. When it comes to selecting that other vegetable, nutrition specialists tell us to make sure of a green one or else a yellow one—if not both—not merely because the colors are gay and pleasing, but because they are signs of vitamins necessary to balance your diet. Then serve fruit besides.

But, for one last word, this: Don't skimp the family on fresh garden foods in summer solely for the purpose of storing them for the winter. That is poor economy in the long run. And by all means plan for garden greens to grow as nearly through the year as possible.

DUST STORM DAMAGES CROPS IN FOUR STATES


SIoux CITY, Ia., April 20.—(UP)—A severe dust storm, driven by a 40-mile-an-hour wind, caused heavy damage to crops in portions of South Dakota, Minnesota and Iowa yesterday.

It Has Stood an 8-Year Test
and every year more women who want real value in a cereal buy more

DINA-MITE

Only 1 Cent For a Big Serving

1 ½ lbs 24c 3 lbs 43c



Johnson Assailed By Mrs. Pinchot



Charging "wholesale violations" of NRA codes and defiance of the government by the "steel trust," Mrs. Gifford Pinchot, wife of Pennsylvania's governor, accused Hugh S. Johnson of surrendering to "big business" when she testified before a senate committee. (Associated Press Photo)

969 ARRESTS IN AUTO AND GAME LAW VIOLATIONS

SALEM, April 20.—(UP)—The three departments of the state police during March reported 969 arrests for violation of general, traffic and game laws. These resulted in sentences imposed of about 130 years, fines assessed of \$11,825 and fees collected amounting to \$3,407.

In the general law enforcement, one murder arrest was made resulting in life sentence. Sentences of 34 years and \$500 in fines were imposed for statutory offenses for which eight arrests were made. Five arrests for arson resulted in 19 years sentences. Most arrests of the 188 in this division were for larceny under \$50 for which 35 were reported.

Heaviest sentences imposed in the traffic division were for driving while intoxicated, amounting to 2,035 days for the 33 arrests. Most arrests were for operating trucks without public utilities permits, or 140 of the 691 arrests in the motor division. Heaviest fines were also assessed against drunken drivers, for a total of \$2,552.

Forty-three of the 90 arrests in the game violation section were for fishing without licenses. These offenses resulted in assessment of \$730 in fines.

DEMPSEY BUYS SHARE IN TEXAS NEWSPAPER

GLADEWATER, Tex., April 20.—(AP)—Jack Dempsey, fight promoter, former heavyweight champion and oil operator, has purchased a part interest in a weekly newspaper, the Gladewater News, it was announced by Amos Harper, publisher.

Harper said the paper was expected to become a daily. The same management will be in charge, he said.

STATEWIDE DRIVE IS LAUNCHED FOR OREGON PRODUCTS

Manufacturers, Retailers and Chambers of Commerce Unite in Efforts to Boost Home Made Products.

Under the combined auspices of the Oregon Manufacturers' association; the Retail Merchants committee of the Portland Chamber of Commerce, and the scores of local chambers of commerce, civic and business groups throughout the entire state, the most formidable campaign ever launched in the state for boosting Oregon-made goods, is now under way. The big drive will crystallize itself in a heavy educational and informative sweep over the state during the period April 20th-28th, which will be known as "Oregon Products Days."

Robert R. McKean, general sales manager of the Knight Packing company, is chairman of a large committee of manufacturers, assisted by President Paul Hirsch, and former Mayor George L. Baker, general manager of the Oregon Manufacturers' association. Jack Lulihn, chairman of the retail merchants committee of the Portland Chamber of Commerce, who has designated Edw. P. Casey of the Powers Furniture company together with a strong committee to represent the Portland retailers, and scores of manufacturers and producers who will serve on various committees, such as campaign, finance, public speaking, radio, window displays and exhibits. Practically all of the 500 industrial leaders identified with the state organization will take an active part in putting the intensive movement over in a big way.

Assurances have already come from all sections of the state that local producers and merchants will participate in the general display of Oregon products, and the educational work will be carried into thousands of homes in the effort to reach as many individual buyers and consumers as possible.

"It is the purpose of this campaign," explained General Manager George L. Baker, "to make it statewide, so that every manufacturer will be benefited. A publicity campaign has been inaugurated, covering newspapers, radios, displays, exhibits, etc. Another feature of the drive will be a group of able speakers who will appear before all classes of groups and organizations representing the buying public.

We are urging the organization of a good strong committee in every city, which will contact the merchants and manufacturers of the community for the purpose of bringing before the consumers a full knowledge of what Oregon produces. Oregon manufacturers can meet any competition both as to quality and price."

Pennsylvania Leads Legion. PHILADELPHIA — (UP)—Pennsylvania has more American Legion members than any other state. It was announced by Otto P. Messner, state commander. The 217 posts have nearly 80,000 members. The state also leads in Sons of the American Legion chapters with 132.

Has 39 Great-grandchildren. GREENE, Mo.—(UP)—Mrs. Anna J. Rose, who recently observed her 96th birthday anniversary, has more descendants than anyone in this section of New England. Her great-grandchildren alone number 39.

Admits Bremer Notes



St. Louis police said Jack Neely (above), an ex-convict, admitted writing extortion letters demanding \$200,000 from Adolph Bremer of St. Paul, father of Edward G. Bremer, kidnaped banker, but he denied connection with the kidnaping. (Associated Press Photo)

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MONKEY BUSINESS IRKS KEEPERS OF CHICAGO PARK ZOO

Boys Teach Simians Harmful Tricks—Effort To Remove Head Last Straw—Guards Posted at Cages.

By Sam Knott (United Press Staff Correspondent) CHICAGO, April 20.—(UP)—Lincoln Park zoo keepers called police to their aid today in an effort to do some springtime monkey business.

The trouble began several weeks ago when a youth started experimenting to learn whether a monkey will try to do anything he sees a human do.

The youth started by clapping his hands in front of a cage occupied by Bushman, a black ape in the monkey house. Bushman imitated him.

The youth brought a companion the next day. They clapped hands and went through other innocent antics, all of which Bushman and the other monkeys tried to imitate. Keepers thought the show funny and didn't try to stop it even when the youths returned on succeeding days with other pals for additional experimentation.

One day last week, one of the youths stopped in front of a monkey cage and started hitting himself on the chin with his fist. The monkeys did themselves considerable damage trying to imitate that one and the keepers didn't like it, but said nothing.

The next day, the youths brought an elderly man with them and had him remove his false teeth while the monkeys watched. Bushman and the other monkeys attempted to take their teeth out also. The keepers didn't like that either but it still seemed harmless fun for the boys so they made no strenuous objections. When the youths returned Monday

and began butting their heads against a wall, with the monkeys following suit, the keepers ordered the young scientists to depart.

Today the youths returned with another elderly man as a "escort." They said they just wanted to see how their old friends, the monkeys were enjoying the spring weather and brought a "chaperon" to prove their good intentions.

While the keepers were not looking, the "chaperon" removed his wig, then placed it back on his head. The monkeys seemed puzzled. The man removed his wig again.

Keepers said that what happened after that was "terrible." Every monkey in the place, they said, began trying to tear the top of his head off.

Police were called to stand constant guard about the monkey cages hereafter.

CARNATION COWS BREAK RECORDS

SEATTLE, April 20.—(UP)—Carnation milk farms near Seattle today owned two cows of record-breaking propensities in production of milk and butter during a year's time.

Carnation Prospect Ormsby Gluck, purchased Holstein, earned the honor of being America's greatest living butter cow today by producing 1,531.5 pounds of butter in the 365 day testing period.

The cow is a sister to Carnation Prospect Veeman, who recently became the world's best living milk producer. Both are granddaughters of Segla Petersef Prospect, greatest milk producer of all time.

Carnation Prospect Ormsby Gluck produced over 100 pounds of milk per day, testing 4.11 per cent butterfat. Total milk production by the cow for the year was 33,339 pounds.

ACTOR'S ALIMONY LOAD LIGHTENED BY JUDGE

LOS ANGELES, April 20.—(UP)—Roscoe Ates, stuttering film comedian, found a friend today in Judge

Dudley S. Valentine, who reduced his alimony payments to his estranged wife, Clara, from \$1061 to \$250 a month.

Mrs. Ates voluntarily reduced her demands to \$1311 a month and Judge Valentine, widely known for his views on alimony, ordered a still deeper cut. The order was made pending a trial of Mrs. Ates' separate maintenance suit on grounds of cruelty.

"ALL-BRAN WILL ALWAYS BE A PART OF MY DIET"

Delicious Cereal Corrected His Constipation

If you suffer from constipation, read this fine letter:

"I have been troubled for years with constipation. During this time, I have tried almost every known remedy. Then some one recommended eating Kellogg's ALL-BRAN, and the proper results followed immediately.

"Since eating Kellogg's ALL-BRAN each morning, there has been a general improvement in my health without the ill effects that I formerly experienced when taking laxatives. Hereafter, Kellogg's ALL-BRAN will always be a part of my diet."—Mr. E. G. Himes, 1201 E. 7th St., Los Angeles, Calif.

Research shows Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to aid elimination. ALL-BRAN also supplies iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Isn't this "cereal way" safer than risking patent medicines?

Two tablespoonfuls daily are usually sufficient to relieve ordinary constipation. With each meal, in serious cases, if not relieved this way, see your doctor.

Be sure to ask for Kellogg's ALL-BRAN. It contains much more needed "bulk" than part-bran products. In the red-and-green package. Made by Kellogg in Battle Creek.

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Tree Tea	Orange Pekoe, ½ lb.	33c; lb. 63c
Durkee's Mayonnaise	Pint Jar	23c
Flour	49 lbs.	\$1.85
Cake Flour	Fisher's 2 lb. bag	14c
Baked Beans	B. and M. Lg. Can	16c
Brown Bread	B. and M. Lg. Can	16c
LIPTON'S TEA	½ lb. pkg.	33c
	Extra ½ lb.	1c
Baker's Cocoa	½ lb.	10c
Cocoanut	Baker's Southern Style, 4 oz. pkg.	12c
Diamond Crystal Salt		3 for 25c
Grape Nuts	large package	17c
Johnson's Floor Wax, Paste	lb.	59c
Gulf Stream Shrimp	2 cans	23c
Maraca Strawberry Preserves	15 oz. jar	17c
Red Ring Lima Beans	No. 2 can	10c
Prudence Corned Beef Hash	20 oz.	29c
Sliced Mushrooms	2 oz. can	2 for 25c
STRAWBERRIES	4 boxes (Saturday only)	25c
ORANGES, large fancy	100 cans	33c
fresh mayonnaise	in 90 seconds!	
Quick mayonnaise maker	and can of Wesson Oil	
AN 85c VALUE BOTH FOR 49c		
Specials For OREGON PRODUCTS WEEK		
Let's Go Forward with Oregon		
ROGUE VALLEY CHEESE	lb.	16c
PIGGY WIGGLY BUTTER	lb.	23c
PIGGY WIGGLY COFFEE	lb.	23c
Carnation Wheat Flakes Lg. pkg. premi'm		23c
Siskiyou String Beans Tall can		9c
Del Rogue Sauerkraut	2 ½ can	15c
MILK		
All Brands 4 cans		25c
Best Foods Mayonnaise, pt. jar		24c
LETTUCE, large, fancy, head, each		5c
ONIONS and Radishes, 3 bunches		5c

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