



FARM NEWS



LATEST NEWS OF MARKETS

PORTLAND, June 13, (AP)—Reviewing the fruit and vegetable situation, the Portland bureau of the U. S. Department of Agriculture says:

"Strawberries are scarce; although demand is only moderate, the market advanced to \$2.00 per crate, an unprecedented high level for local berries at this time of the year.

"Asparagus is moderate in volume of supplies, but there is very little demand aside from canners' requirements, and the market has slumped badly. The season's cuttings will be terminated for the season, very soon, by most growers. Retailers are now paying \$1.00-1.05 per dozen bunches of No. 1.

"Cantaloupes and tomatoes are receiving from their over-supply and slow demand of the last week or two. Although there are no price increases, the market is healthier, and demand is improving. Tomatoes are now arriving in excellent quality and condition from Mississippi and California, in addition to Texas and the Imperial Valley.

"Shippers continue their competition for local green peas, for their mixed-car loadings. Inclusion of considerable head lettuce in mixed car shipments is helping stabilize the local market, which is now oversupplied. Broccoli celery will also be included in Portland's mixed-car shipments, in the immediate future.

SUGAR: steady; (sacked basis) cane, fruit or berry \$4.70 per cwt. Beet sugar \$4.55 cwt.

FLOUR: steady; (city delivery prices) family patents, \$8 \$7.00; whole wheat, \$8 \$6.10; Graham, \$8 \$5.90; Bakers' hard wheat, \$8 \$6.20; Bakers' bluestem patents, \$8 \$6.50; pastry flour, \$8 \$6.50.

HOPS: active, higher; 1929 crop, 1929; 1930 contracts, clusters 12 1/2-13; staggles 15c.

BUTTER: Fairly steady, unchanged.

EGGS: Weak, unchanged.

MILK (coulter) poultry, country meats, onions, potatoes, wool, nuts, hay and cascara bark steady and unchanged.

CATTLE: 35, calves 10, quotably steady.

HOGS: 300, including 192 on contract, steady.

SHEEP: 400, quotably steady.

FARMERS BORROW

SPOKANE, Wash., June 13, (AP)—Members of the North Pacific Grain Growers, Inc., in Montana, Idaho, Oregon and Washington, have borrowed \$4,655,499 of farm relief funds, it was revealed in a report of A. U. Adams, treasurer today. The loans were secured by 4,448,589 bushels of wheat.

Add in the manufacture of casing, a milk by-product which is used in a quantity of nearly 50,000,000 pounds a year in the United States, has been promised manufacturers by the U. S. Bureau of Dairy Industry. Much of the casing used in this country is imported and it is to increase American production for this market that the department has offered its assistance.

Spraying and dusting is one of the best means to control sugar-beet leaf spot, according to the U. S. Department of Agriculture. Bordeaux spray or copper sulphate-lime dust, applied from three to five times a year, will kill the fungus causing the disease.

An effective sure for cabbage clubroot is hydrated lime, according to the U. S. Department of Agriculture. Three-quarters of a ton of hydrated lime to an acre is necessary to check this growth, and it takes at least two tons to produce commercially satisfactory control.

SIDE GLANCES

By George Clark



"Hello boys: Just a line to let you know we made 450 miles the first day—having a great time."

HOW TO RAISE POULTRY

By Dr. L. D. LeGear, V. S., St. Louis, Mo.

Dr. LeGear is a graduate of the Ontario Veterinary College, 1892. Thirty-six years of veterinary practice on diseases of live stock and poultry. Eminent authority on poultry and stock raising. Nationally known poultry breeder. Noted author and lecturer.

ARTICLE XXXVIII Why Eggs Are Good to Eat

Richness in Food Value Makes Eggs a Relatively Inexpensive Part of the Meal Even at Higher Prices.

Editor's Note: This is another story in a series of 53 stories on poultry raising written by the well-known animal industry authority Dr. L. D. LeGear, V. S., of St. Louis. The entire series will appear in this paper. Our readers are urged to read them carefully and clip them out for future reference.

Whenever I have occasion to discuss the food value of eggs, I am reminded of a story told me some years ago by a New York social service worker. A group of children from the congested Bowery district were making their first visit to the country. One little girl was asked how she liked the nice fresh country eggs. "Aw, dey ain't no good," was the reply.

"Why, what's wrong with them?" he was asked. "Well," explained the youngster, "dey ain't got no smell and dey ain't got no taste!"

However desirable those two elements may be in most foods, most of us will be perfectly willing to dispense with them in eggs. There are, however, numerous other qualities of such value that we cannot afford to be without them. Practically all the elements which contribute to the building up of and maintaining a healthy condition of the human body are present in eggs. Statistics show that the American people consume but little over one-half an egg per day per capita for all uses. This is not nearly enough. We should eat and use more eggs.

Compare them with beefsteak, for instance. At 40c a dozen, 12 eggs give you more food value, penny for penny, than a pound of steak at 45c, and don't forget there are no bones in the eggs. On a weight basis, eggs compare successfully with meat in almost every report. They have at least as great protein content, and are more valuable sources of iron than any meat except perhaps liver.

As for those much discussed but little understood food elements, the vitamins, eggs compare most favorably with other foods. Nobody knows what vitamins are, but what they can do is fairly well understood. Weight

for weight, eggs contain 10 times as much vitamin A as milk. While it is true we use much more milk at a time than we do eggs, their great vitamin A content makes them a valuable addition to milk. As vitamin A is credited by competent investigators with helping to prevent diseases of the lungs, the importance of eggs in the diet is readily appreciated. Eggs and milk have long played an important part in the diet of tubercular patients.

Eggs are quite as rich as milk in vitamin B. This member of that mysterious family is the one which aids bodily growth and gives protection against neuritic disorders. Getting on down the vitamins alphabet, we find eggs comparatively rich in vitamins D, the one which prevents rickets. Generally speaking, they have less value in this particular than cod liver oil. They contain quite enough of this element, however, to make them valuable substitutes for the oil for people whose stomachs refuse to retain it. A daily ration of egg yolks will prevent rickets and, in many cases, heal rickets that have already started.

Having justified our title in one sense by showing the value of eggs as food, it would not be amiss to show that eggs are good to eat in still another sense. While few of us would care for the racy tang demanded by the youngster quoted at the beginning, it cannot be denied that eggs are ever popular because they have a most agreeable flavor all their own. Served in the simplest manner, they are always acceptable. As a garnish for various vegetables, salads and other dishes, they are both attractive and palatable. But what would we do for cakes, pies, pastries of all kinds, and other dishes, were it not for eggs?

Thus in hundreds of ways the egg insulates its health giving and body building values into our daily menu. Unlike other foods that are good for us, the egg is something that can appear in some form or other at every meal without making us tire of it. This is good, for the egg is one of the most valuable of all the many things used for human food. We can hardly eat too many eggs. Let us, therefore, endeavor to make every week an "eat more eggs week" by finding more attractive ways and a greater variety of ways to serve these valuable and ever tasty food products.

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sandy nor too heavy. Sandy soil dries out too quickly. Heavy clays bake hard and are difficult to water. Soil prepared in advance with thoroughly decomposed manure or fertilizer, or so-called potting soils supplied by florists, are recommended.

Many annual flowering plants, grown outside or indoors from seed, may be transplanted into window boxes. Sweet alyssum, petunia, ageratum candytuft, lobelia, nasturtium, lantana and mignonette often blossom in window boxes.

Special Plants for Shade For shady spots, plants that depend for their effect on ornamental foliage as well as on blossoms are suggested. Crotons, ferns, arthuria plants, begonia, are dracena are a few of the effective ones.

Some trailing vines that will hang over the edge of a window box are wandering-jew, bigleaf periwinkle, climbing fig and English ivy. After your box is planted make sure it gets sufficient water. The water evaporates rapidly and the supply must be maintained or the plants will suffer.

FEDERAL FARM FACTS

Farm real estate values for the United States, as a whole, have declined about 1 per cent below the index of last year, according to the U. S. Bureau of Agricultural Economics. The index for 1929 is placed at 115 per cent of the pre-war average. Increases in farm real estate values were reported in Maine, Connecticut, Wyoming, Colorado, Mexico and Oregon.

The Inter-American Conference on Agriculture to be held at Washington, D. C., next September, will see the discussion of mutual problems confronting farmers of both American continents. Representatives of the

various states and from every country in South America and Canada are expected to attend.

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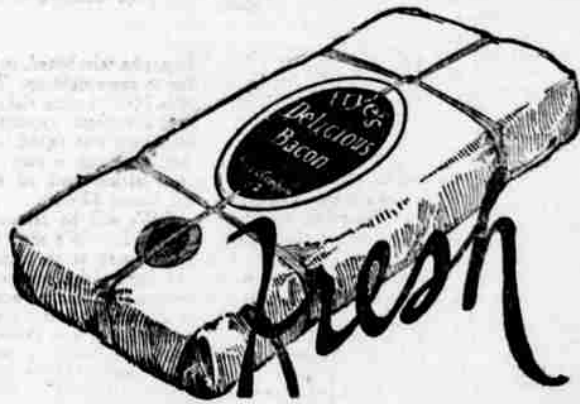
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