

Spuds Still Big Value In Foods

In this period of world food shortage much attention has been given those food products furnishing the most valuable food requirements at a reasonable cost.

Concerned over decreasing potato consumption, Cornell university home economics department has published information regarding nutrition found in potatoes. These findings show that one medium-sized potato furnishes 10 per cent of the daily iron allowance for one person, 6 per cent of the thiamin, and 10 per cent of the vitamin A allowance. Daily consumption of 2 or 3 potatoes will be well along the road to providing all the minerals and vitamins needed.

The old idea that potatoes aren't very good for the waist line is also thrown out the window. This work shows that one potato has about 100 calories or the same as one banana or one-half as many calories as a hamburger sandwich.

It is the butter and gravy you put on your potatoes that boost the calories. The Cornell university report, based on a two-year study, shows that potatoes are among the cheapest of year-around foods in relation to their food value.

This information also pointed out that potato shopping is an art—not a routine job. There is no point in buying just any old potato. If you're going to get your money's worth in potatoes they should be really good ones. Potatoes of poor quality don't keep well or taste good. A good potato should be fairly large and definitely clean. Best potatoes will be firm and well shaped and won't have any green spots or sprouts. So look your potatoes over before you buy.

If potatoes have been displayed in the light a considerable portion of the surface will be green, therefore unpalatable. Peeling waste will be heavy and food loss greatly increased. Potatoes should always be stored in a dark room at reasonably cool temperatures. The best grades are the cheapest.

Angus Bull Brought Here

Alvin and Charles Cheyne, Scotch Acres Aberdeen Angus breeders of Spring Lake, have returned from Michigan with a \$1200 bull making their herd of registered Angus number 31 with the 30 cows.

The Cheynes had one Angus cow in 1939. Up until then they had raised registered Shorthorns. In 1940 they sold out the Shorthorns and increased their Angus herd to 10.

A black bull calf of the original cow of the herd took the championship in the steer calf Angus heavy-weight class at the Treasure Island exposition in 1939.

The Cheyne brothers took the international barley contest trophy with their 1947 barley crop on Scotch Acres.

Latest addition to the herd is Euripas Bandolier 984275, calved in September, 1946. He was sired by Barbarian Grenadier 661206, of Grand River, Mich. His dam is Euretta of Quality 5, 639540.

Euripas was purchased from Scripps' Woodland ranch at Lake Orion, Mich.

The Cheynes are grooming their animals for the Angus sale and show to be held at the fairgrounds in April. They are feeding cooked barley mixed with ground oats and mill run.

CRATER THEORY
A new theory regarding the moon's craters suggests that they may not be the result of meteors or volcanic action, but that the moon's surface once was an ancient sea, and the craters formed like coral atolls have formed in tropical seas here on earth.

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Four-H News

The national 4-H health improvement contest has recently been announced and material is available in the club office. Francis A. Skinner, county club agent, announced. Health projects are carried in the Malin, Bonanza and Shasta schools initiating the project in this county.

Objectives of this contest are (1) to help 4-H members and their leaders gain a personal consciousness and understanding of physical and mental health consistent with advancing standards and scientific knowledge; (2) to help youth share in the responsibility for improving the home and community health conditions; and (3) to help young people develop sound bodies and mature personalities.

This contest, sponsored by the Kellogg company, is one of the 20-odd national contests open to 4-H club members. A certificate is awarded to one 4-H club in each county conducting the best health improvement program based on individual and group achievements. Ten outstanding clubs in the state will be given awards, and the outstanding individual in the state will have an expense paid trip to the national 4-H club congress in Chicago, November 28 to December 2, 1948.

Dorm Space Expanded

Dormitory facilities of the Cow Palace will be doubled this year to accommodate the increased numbers of young livestock exhibitors expected to display their projects at the coming Grand National Junior Livestock exhibition. It was announced today by Carl L. Garrison, Grand National general manager.

About 1000 cots and mattresses will be removed from storage and placed in the south wing of the Cow Palace shortly for the use of boys participating in this year's Junior Grand National. At the initial Junior Grand National last year only half of this wing was used for sleeping quarters.

Girls of the 4-H clubs will be housed in downtown hotels along with their parents or chaperones. Both boys and girls will take their meals at the Cow Palace.

Advance indications plus the additions in the dairy classes of the livestock show lead Garrison to believe that the 1948 Junior Livestock classic will see a 100 per cent increase in the number of youthful livestock exhibitors. Junior Grand National show dates are March 29-30.

Weed Control Confab Slated

Farmers and county weed control supervisors are invited to participate in the western weed control conference which is to be held in Sacramento, Calif., on February 2, 3 and 4, states C. A. Henderson, county agent. Headquarters for the meeting will be in the Senator hotel in Sacramento.

As a part of the three-day program, one day, February 3, will be spent on the campus of the University of California school of agriculture at Davis. In conjunction with an airplane spray demonstration, railroad and conventional spray equipment and chemicals will be on display. A special showing of spray nozzles will be featured on the afternoon demonstration program.

In addition to farmers and county weed control supervisors, chemical company representatives, U. S. department of agriculture and state college experiment station scientists, equipment dealers and custom spray operators are expected to attend the meeting.

If you don't need it—sell it! Advertise it in the Classified Ads!

Easter Lambs Gambol On The Bryant Williams Ranch



From six head of sheep, Bryant Williams, Spring Lake spud grower, increased his flock this winter to 115 ewes and now has more lambs than he can count offhand. The lambs follow the rancher around like friendly puppies, unconcerned about their fate. They will be sold for Easter, Williams plans. The 1947 spud crop was all shipped out in December and the cellar is being used for a sheep shed at present. Several of the ewes had twins and they only want to feed one lamb. One youngster was refused by his

mother but Williams, learning as he goes, discovered that by using the skin of a lamb that died over the little "bum," the ewe that lost her offspring is deceived into thinking he is her own and has adopted him. The animals are fed ground oats and chopped alfalfa plus molasses. Right: the little bum licks the H. and N. reporter's chin and it tickles!



Advice On Cooking Gear

The metal or material out of which a cooking utensil is made is an important identifying factor. Today's utensils are made of heat-proof glass, treated wood, glazed earthenware, enamel, stainless steel, copper, aluminum, iron and tin.

Instead of selecting a complete utensil wardrobe of glass, earthenware or metal, the wise homemaker selects a suitable utensil for a particular need. She will include glass or enamelware for cooking egg dishes; she may prefer an iron skillet for frying, and she may like the bright copper, stainless steel or aluminum for show-off qualities besides cooking performance.

Cooking units on tops of ranges are measured carefully to coincide with the dimension of the saucerpan. The size of the utensil wardrobe is determined by the number of meals prepared and storage space. The tiny kitchen demands double-duty utensils, while the large kitchen may expand with utensils for special occasions.

Utensils may be grouped into those needed for (1) preparation of food, (2) top-of-range cooking, (3) frying, (4) broiling, (5) baking, and (6) roasting.

Other information regarding various materials used in utensils and care may be had from the home demonstration agent, phone 8151, or write to post office box 645 and ask for a free copy of the 31-page station circular, No. 134, entitled "A Set of Utensils for the Farm Kitchen."

Wind-Break Trees Given

Trees for farm planting are again available at the Oregon state board of forestry. Costs of these trees is \$2.50 per thousand plus transportation to point of destination.

These trees are for farm planting only and can be used in establishing wind breaks and shelter belts or for farm woodlands. Species available and recommended for this area are: Douglas fir, Ponderosa pine, Scotch pine, Chinese arbutus, Arizona cypress, black locust and Russian olive. All orders should reach the state board of forestry, Salem, not later than March 15.

Order blanks and planting bulletins are available at the county agent's office.

With Farmers And Stockmen Around The Klamath Basin

If tree pruning has not been done before this, it should be done now, particularly on the early type of trees, as the sap is running high.

Francis Skinner, Klamath county 4-H club leader, and Assistant Joan Howell will return tonight from the 4-H leaders' convention they have been attending this week in Corvallis.

The Home Economics club of Midland grange will meet February 3 with Mrs. Pearl Botena at 5119 Cottage. The project will be to work on the year books.

Jim Elings, assistant county agent, and Harold Schieferstein, weed and pest control supervisor for Klamath county, will attend the weed control meeting in Sacramento, on February 2, 3 and 4.

A Healdsburg Tribune reader, Healdsburg, Calif., has requested further information on cattalo breeding, following a story published by The Herald and News farm page.

In Portland this week are Mrs. Dan Liskey, Viva Liskey and Ida Brown of Poe valley.

March 20-25—Grand National Junior Livestock show, Cow Palace, San Francisco. National livestock exhibition, judging, auction sales for FFA and 4-H club members. Western arena competition and spectacle for farm and city youngsters.

Jim Stevenson, Macdoel rancher, last week sold 1000 head of feeder cattle to buyers from Yreka. Dean Beckley has hauled 200 tons of hay from this area to the Macdoel ranch this past week for the remaining cattle of Stevenson's Hereford herd.

Forty-five carloads of hay from the Liskey ranch in Poe valley are being shipped to a Portland buyer through January, and shipping will continue through February and March.

Stanley Masten, Bonanza rancher, is hospitalized at Hillside for surgery and is reported getting along fine. His daughter, Mrs. Ben Kerns Jr., is taking care of him.

The beef for the Farmers' and Stockmen's dinner last Saturday came from Bill Kittredge's Malin feed yards and the spuds from Lee Holliday's farm. The attractive table decorations were arranged by Mrs. Lee McMullen and music was furnished by Charles Dabrey's 20-piece Malin high school band and the girls' sextet, directed by Vocal Instructor Mrs. Lucile Gray.

Monday a carload of steers was delivered by Paul Breithaupt, Poe valley rancher. The cattle were delivered to Basil Brown of Olene, to be put into the feed lots for fattening.

Lynn Gibson, former farmer and dairyman of Langell valley now living in Burns, was in town Tuesday renewing old acquaintances.

Ivan Hall has purchased a Brahma bull from E. J. Walker. Hall lives in Sprague River.

It seems George Stevenson of Olene thinks he is the champion clambaker—that's what we hear.

Moisture for Klamath basin is behind normal and both farmers and foresters are becoming concerned. There should be snow on the mountains and rain in the valleys for the benefit of 1948 crops and livestock.

Garrell Wilson and Earl Wilson have returned from the Chicago International Livestock exposition with a \$1450 registered Angus bull, Ankony Bardell 900465. The bull was bred and owned by Allan A. Ryan Jr., New York. Sired by Blackbird Barry 545138, his dam was Ankony Edella 569767. He was calved May 7, 1945.

Eelworms Are Crop Threat

Nematodes, or eelworms, today stand exposed by research for the crop destroyers they really are. Those that attack plants haven't received much attention in the past, according to Dr. G. Steiner, plant nematologist, because as a rule they do not actually kill the plants but—what is often worse for the farmer—lower vigor and keep down yields. If they killed their hosts, says Steiner, measures would be taken against them sooner. By reducing yields they lead farmers on to long-continued unprofitable cropping and much waste of labor, seed and fertilizer.

On the other hand, the nematologists have come to believe that one explanation of the vigor of some widespread weeds is the fact that they are not attacked by nematodes, at least not by such common and widespread ones as the one causing rootknot in so many crops.

Ragweed is already known, says Dr. Steiner, as a plant that stands up well alongside most crop plants because nematodes, including the one responsible for rootknot, pass it by. Now, he says, they are hoping to turn their research on Mexican clover (a plant of the Madder family, with the botanical name *Rhizaria scabra*), a widely distributed weed which in the Southeast is often called Florida purslane. He suspects its wide adaptation also may be grounded in its freedom from nematode attack.

In the United States, girls in the West have the best chances of eventual marriage.

Clean Eggs Keep Better

Cleaning dirty eggs is one of the most time consuming jobs on a poultry farm. Most dirty eggs are cleaned with a mechanical or hand buffer equipped with fine sandpaper. The question frequently comes up whether or not dirty eggs should ever be washed.

Clean unwashed eggs will maintain better quality than washed or dirty eggs. Experimental results from Cornell show, however, that if eggs are washed in clean warm water at 160 degrees or warmer they will keep practically as well as clean unwashed eggs. The deterioration of washed or dirty eggs is caused by bacterial infection from the dirt on the shell. When eggs are washed in cold water, there is a tendency to draw the bacterial to the inside of the shell. When eggs are washed in warm water, dirt and bacteria are drawn out of the shell.

In producing market eggs, every effort should be made to produce

clean eggs. If eggs are to be washed, they should be washed the day they are laid. Clean, warm water at least 160 degrees temperature is recommended. They should be washed so that the dirty water passes right off. Do not leave the eggs in the water. Dry them quickly after wetting.—N. L. Bennion.

BY SPECIAL REQUEST

Tennyson wrote "Crossing the Bar" at 81, and it was sung for the first time at his own funeral. He wrote other poems after it, but requested that it be placed at the end of all editions of his works.

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