



HAROLD WILLIAMS, rancher in Langell Valley Soil Conservation District, rebuilt this stockwater reservoir. It is located just below Round Prairie in Williams' sheep allotment on the Fremont National Forest. Developments such as this are very important and necessary to get better dis-

tribution and utilization of the rangeland. Deer, waterfowl and other wildlife also use this water. A properly constructed dam and adequate spillway will last many years with little or no maintenance work required.

—Photo by SCS

Soil Organic Matter Is Important In Feeding

By **WALT JENDRZEJEWSKI** [Bollen, professor of bacteriology. A statement by Dr. Walter B. at Oregon State College that there

is greater production of livestock underground than on top of an acre of good soil is a startling way of emphasizing the importance of soil organic matter.

Dr. Bollen has reference to bacteria, fungi, insects and worms

which thrive in a good soil and help make it productive.

In addition to the plant nutrients; nitrogen, phosphorus, potash and other elements released in the process of decomposition of dead plant and animal material and by the effect of acids on the mineral fraction of the soil, organic matter also improves soil structure.

Water penetrates easily into soils high in organic matter. Water-holding capacity is increased. Aeration of the soil is improved.

It is for these reasons that so much emphasis is placed on return of crop residues, use of winter cover crop and summer green manure crops and animal manures. It is for these reasons that rotations with sod crops such as pasture, clover and alfalfa are profitable. Such crops have extensive root systems which increase organic matter in soil. Nodule bacteria on the roots of legumes also capture nitrogen from the air.

Tillage and row crops speed up decomposition of organic matter. A heavy schedule of potato production reduces organic matter levels rapidly. With intensive potato production, maintenance of adequate levels of organic matter becomes difficult.

Rotations with alfalfa have been most successful, particularly when hay is fed on alfalfa sod the winter before plow down.

A good example is the rapid recovery of the old Adams Ranch where Harry and Ira Orem feed cattle on alfalfa sod the winter before potatoes are grown.

For potato growers, it can be more profitable to turn under the second crop instead of making hay.

Aside from burning of potato vines the only known practical farm management practice to combat verticillium wilt is maintenance of high soil fertility levels.

Rotations with sod crops and green manure crops, utilization of winter cover crops and crop residues and use of animal manures are ways of increasing fertility.

HEROIC TRADITION

BELLOWS FALLS, VI. (UPI)—Ethan Allen, named after the Mountain Boys, became a hero to the National Guard when his enlistment brought Company A up to its full strength for the first time since it was organized in 1933.

THE COVER

Conservation week could be no better represented than by this picture of Mt. McLoughlin jutting up behind its screen of foothills. Here are represented land, water and timber. It is to impress upon the people of Oregon the importance of these and other vital natural resources that the coming week has been named "Conservation Week."

Record Aims To Cheer Up Unhappy

DALLAS, Tex. (UPI) — Barney Ruffner, a record store owner who worried for 10 years about downcast customers and friends, has made a record telling them how to get hold of themselves and cheer up.

Ruffner calls the disk "Release From Nervous Tension." He says so many people have heard about it and are trying to buy it that he can't keep it in stock.

The record tells unhappy people to stop thinking jealous and selfish thoughts; to stop suspecting the motives of other people and to think only positive-type thoughts.

It also tells them that exercise is important and that a trust in religion can be a major source of relief to a depressed person.

"I thought that if the record were put out, people who won't read, or who don't want to, would listen to it. It won't help them unless they help themselves," Ruffner said.

"But if they listen, it triggers them off. It helps them to find themselves."

Ruffner wrote the script for the record after talking to psychiatrists and ministers. He went to Los Angeles to have it put on wax.

He tried to do the narration himself, but gave up and hired a professional radio announcer.

Ruffner says so many people have told him the record has helped them that he is thinking of holding meetings after hours in his record store, where psychologists would speak free of charge.

Good Food Big Asset To Camper

ST. PAUL, Minn. (UPI)—"Good food and plenty of it gives a greater boost to family camping than almost any feature," a University of Minnesota home economist said.

Mrs. Marie Christenson said low bulk, light weight and high nutritional value are important goals for planning foods for family camping. Pre-cooked, dehydrated foods come closest to meeting these goals.

Though simplicity should be the keynote, there is plenty of room for imagination, Mrs. Christenson said. Taking advantage of foods characteristic of the area can make the meal "an adventure in eating." For example, what better way to raise a meal from the mediocre than by having wild strawberries or broiled lake trout?

"But whatever you do," Mrs. Christenson said, "make sure that the foods you take on your trip fulfill the necessary nutritional needs of the body."

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Use Of Cans Still Gains

COLUMBUS (UPI) — Americans open and use about 400 million cans of food weekly, according to Extension Marketing Specialists at Ohio State University.

The experts said labels and brand names act as your window of inspection when buying canned goods. The label, it was pointed out, should list contents in order of amount contained; legal name of product; packer's or distributor's name and address; net weight of contents; style of pack, water, syrup and so on.

The specialists said canned foods should be stored in a cool place. Best quality will be maintained if they are used in a year's time.