

Martha Meade's KITCHEN COUNCIL

What shall we eat? Somebody says it doesn't matter so long as we have "balanced meals."

That's right as far as it goes. But are there any simple rules to help us balance our meals without a lot of worry and fuss and learning how to count calories?

Adults: (1) The diet should include at least a pint of milk a day. If you don't like milk to drink, have it in the form of soups, sauce or custard desserts.

Children should be taught to like plain foods and variety—not to be "finicky." Little children beginning about the second year have to learn to eat grown-up's diet with a few variations.

It is not necessary to leave the lands idle, or forbid their inviting shade to the seekers of rest and recreation. Without harm to the growing trees, grazing, resorting and the development of water power may be permitted and will produce a substantial income to meet the cost of protection and administration.

During the calendar year ending December 31, 1926, permits were issued for grazing 1,456,858 cattle; 57,396 horses; 6,212,657 sheep; and 15,666 goats.

Light woodwork and light-colored draperies always give a room the appearance of being larger than it really is.

Twenty-five per cent is paid to the counties for school and highway purposes and ten per cent is used in building roads and trails in the forests. The balance goes into the treasury of the United States.

The national forests like all other property owned by the government, (federal, state, or county) is exempt from taxation and contribute nothing toward the maintenance of law and order within or without the forests, except in so far as the federal government co-operates in the enforcement of federal laws.

According to the latest report I have from the tax commissioner of these eleven states, the national forests within them would pay \$25,000,000 annually for state and county purposes, if they were subject to taxation.

Adding land plaster at the rate of 50 to 100 pounds per acre as a top dressing on legumes, especially red clover, is a good practice in western Oregon. This is done in the early spring. Farmers now are making preparations to get this material so it will be on the farm for application the latter part of February.

Results at the experiment station with spring barley are higher in grain yields than oats or wheat. Hanchen, a two-row spring barley, is recommended. Barley requires better drained and more fertile soils than oats. The common rate of seeding is two bushels an acre.

Seed potatoes are obtained in Oregon now to best advantage, says the experiment station. The prices are usually lower early in the season and it is easier to get good stock of certified seed. Lists of certified seed growers may be obtained from the college at Corvallis.

Walnut growers may reduce pruning expense by selling available scion wood. This year many growers of seedling nuts are beginning to graft over the poorer trees to grafted Franquettes. Top grafting is the quickest method of variety change, therefore good scion wood should be easy to dispose of if proper contacts can be made.

Grasses for pasture mixtures are seeded in the spring as early as possible. Various mixtures are recommended for different soil types. Anyone wishing information on a mixture for particular condition may write to the Oregon experiment station.

Adults: (1) The diet should include at least a pint of milk a day. If you don't like milk to drink, have it in the form of soups, sauce or custard desserts. (2) The non-starchy vegetables are important. Have two servings daily of such vegetables as lettuce, spinach, cabbage, Brussels sprouts, string beans, green peas, beets or carrots.

Farm Reminders

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CHRIST FOR ALL—ALL FOR CHRIST

The Word of God

BIBLE THOUGHT AND PRAYER

SEEK THINGS ABOVE—Set your affections on things above, not on things on the earth.—Colossians 3:2.

Ye cannot serve God and Mammon.—Matthew 6:24.

PRAYER:—O Holy One, our hearts are fixed trusting in Thee.

Clothes moths can be reduced in any home or establishment, say station authorities, if proper control measures are used. Persons owning clothes subject to attack can afford to buy chests or cabinets that are very tight in which to store them.

Faded muslins or linens may be bleached with chloride of lime—one teaspoonful to one quart of water.

In the County Court of the State of Oregon For Columbia County, In the Matter of the Estate of Martin Tobin, Deceased.

Notice is hereby given that the undersigned has been appointed administrator of the estate of Martin Tobin, deceased, by the County Court of Columbia County, State of Oregon, and has duly qualified.

Hamill A. Canaday, Register.

NOTICE FOR PUBLICATION

Department of the Interior, U. S. Land office at Roseburg, Oregon, February 2, 1928.

Notice is hereby given that Jacob Martila of Mist, Oregon, who, on December 7, 1922, made homestead entry (Portland No. 07343), No. 017195, for E 1/2 SE 1/4, section 31, township 6 N., range 4 west, Willamette meridian has filed notice of intention to make three year proof, to establish claim to the land above described, before K. F. Frazer, U.S. commissioner, at Yeon building, Portland, Oregon on the 26th day of March, 1928.

Claimant names as witnesses: Alfred Parkinen, Minnie Parkinen, Iver Parkinen, O. Enneberg, all of Mist, Oregon.

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27-5.

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Advertisement for Dr. HARRY A. BROWN, Eyesight Specialist, Portland, Oregon. Includes a portrait of the doctor and a pair of glasses.

Advertisement for Gilby Motor Co. featuring 'NEW BATTERIES \$9.85' and 'Old Batteries Taken in Trade'. Lists prices for recharged batteries, radio batteries, and rent batteries.

Advertisement for Oregon Telephone Co. 'New Telephone Directory'. States that the company will issue a new directory on or about March 1st, 1928.

Vernonia Post 119, American Legion. Meets second and fourth Tuesdays each month, 8 p.m. W. H. Hurley, Commander.

Nehalem Chapter 153, O. E. S. Regular communication first and third Wednesdays of each month. All visiting sisters and brothers welcome. Catherine McNeill, W. M.

Mountain Heart Rebekah Lodge No. 243 No. 243, I.O.O.F., meets every second and fourth Thursdays in Grange hall, Vernonia. Visitors always welcome. Mrs. Ruth Reese, N. G. Mrs. Hazel Thompson, Sec.

W. O. W. Vernonia camp No. 655 meets every Monday night at seven thirty at the Grange Hall. Visiting members welcome. ROBERT LINDSEY, C. C. C. C. DUSTEN CLERK.

Vernonia Lodge, No. 184 A. F. & A. M., meets at Grange Hall every Second and Fourth Thursday nights. Visitors Welcome. Levert Goodin, Secretary.

I.O.O.F.—Vernonia Lodge No. 246 meets every Tuesday night at 8 o'clock, in Grange hall. Visitors always welcome. M. E. Graven, N. G. John Glassner, Secretary.

AMERICAN LEGION AUXILIARY Meets first and third Mondays of each month at the Legion Hall. Mrs. Mark E. Mos, President. Mrs. E. H. Washburn, Secretary.

Large advertisement for Miller Mercantile Company. Features 'Announcing New Prices on MEN'S WEAR' and lists various clothing items with prices. Includes the company logo and address information.

Advertisement for Northrup, King & Co's Seeds. Features an illustration of a man holding a corn cob and text promoting 'Be Independent With A Garden' and '5¢ Most of the flower seed packets also 5c'.