Thursday, February 9 1928.

Martha (Meades

KITCHEN COUNCIL

sector Frances 5 1928

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

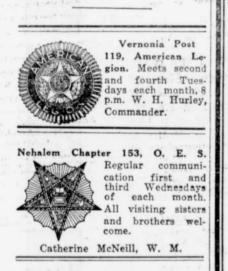
That's right as far as it goes. But are there any simple rules to help us balance our meals without a lot of worry and fuss and learning how to count calories? Calories have really gone out of fashion. Let's relegate them to the attic of our brain and talk keeping. about plain foeds without so much fear about calories.

Adults first and then children. Now, these are just suggestions for being on the safe side of a good healthful diet. A noted specialist said once-"Eat what you should first and then what you want"-and it's not so hard after all to follow that rule,

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 dafly of such vegetables as lettuce spinach, cabbage, Brussel's sprouts string beans, green peas, beets o and that may be an apple of orange between meals if you like. (4) A twolerate serving of meat-cheese or easis if you prefer one of the sub-stitutes for meat Some meat itself is good though to build up good tossues. An extra egg a day is good too buil of course you may get it in cooked form the case are the things we should eat or head breads (any kind) starchy veget-and threads (any kind) starchy veget-and threads (like potatoes and rice), macand that may be an apple or orangsome cream or butter.

shouldn't leave out any foods men- tained from the college at Corvallis. tioned in the other classes.

Children should be taught to like about the second year have to learn wared dish (8) They should have a meet the cost of protection and cooked cereal everyday, preferrably at administration. breakfaster (4) A cooked green vegettender. The meat helps to build up anod blood and strong healthy tissues. Anytime you have a particular ques tion, about WHAT TO EAT, I'd be glad to have you drop me a line. If I don't know the best answer, perhaps I can suggest a physician specialist for you. Address-Martha Meade, Home Ser-Pureau. Sperry Flour Co., San Francisco.



Farm Reminders twenty-five per cent is paid to the Walnut growers may reduce counties for school and highway pruning expense by selling available purposes and ten per cent is used scion wood. This year many growers los building roads and trails in of seedling nuts are beginning to the forests. The balance goes into graft over the poorer trees to the treasury of the United States. grafted Franquettes. Top grafting The national forests like all is the quickest method of varlety other property owned by the govchange, therefore good scion wood ernment, (federal, state, or counshould be easy to dispose of if ty) is exempt from taxation and proper contacts can be made. After contribute nothing toward the your affections on things above, dipping the ends of the scion wood maintenance of law and order with- not on things on the earth .-- Colin hot paraffin it may be placed in or without the forests, except in ossians 3:2. in wet straw or sacking to insure so far as the federal government co-operates in the enforcement of mon.-

seeded in the spring as early as enforcement falls on the counties possible. Various mixtures are re- and the state and the cost is borne commended for different soil types. Anyone wishing information on a lands, which in several of these any home or establishment, say willamette meridian has filed nomixture for particular condition western states is less than half the station authorities, if proper con-may write to the Oregon experi- area of the state. station. ment

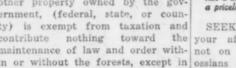
Adding land plaster at the rate of 50 to 100 pounds per acre as a top dressing on legumes, especial-ly red clover, is a good practice in western Oregon. This is done in the early spring. Farmers now are making preparations to get this making preparations to get this Adding land plaster at the rate have from the tax commissioner of can afford to buy chests or cabi- Frazer, U.S. commissioner, at Yeon the early spring. Farmers now are ject to taxation. making preparations to get this During the fiscal year ending larvae that may be in them with

material so it will be on the farm June 30, 1927, the receipts from the clothes. for application the latter part of various sources amounted to \$5,- Faded muslins or linens may be February. With alfalfa 125 pounds to the acre is profitable. Beauty of the acre is profitable. -3,206,832.82; grazing permits for one teaspoonful to one quart of the teaspoonful to be the second second

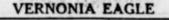
sucderate amount of fat including the experiment station. The prices are usually lower early in the Those of us who want to reduce season and it is easier to get good should cut down on the amount of stock of certified seed. Lists of food we eat in class (5) but we certified seed growers may be ob-

It is not necessary to leave the plain foods and variety-not to be lands idle, or forbid their inviting "Inicky" Little children beginning shade to the seekers of rest and to eat grown-up's diet with a few recreation. Without harm to the variations (1) They should have a growing trees, grazing, resorting quart of milk a day and drink part i and the development of water of it fresh. (2) At least one egg a power may be permitted and will day, cooked alone or in some pre-produce a substantial income to

During the calendar year endevery day-spinach or cabbage ing December 31, 1926, permits or tomatoes (5) Plenty of fruit were issued for grazing 1,456,858 tules-oranges head the list. (6) And cattle; 57,396 horses; 6,212,657 sheep; and 15,666 goats. Of the receipts from sales etc.



Grasses for pasture mixtures are federal laws. The burden of law



CHRIST FOR ALL-ALL FOR CHRIST Che Words, Thy word is a loop unto my fret, and a light unto my path .--- Paula 119: 103 BIBLE THOUGHT AND PRAYER If parents will have their children memo-rize a Bible selection each week, it will prove a priceless heritage to them in after years.

SEEK THINGS ABOVE :--- Set

NEW BATTERIES \$9.85 Old Batteries Taken in Trade

Now is the time of year your battery should be kept fully charged and in tip top shape.

Your battery recharged, painted acid proof, paint and acid adjusted, all for ... \$1.50 Radio batteries and others not requiring \$1.00

removal of installation in car Rent batteries, per day25c

Motor Co. A ILBY



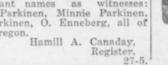
All persons having claims against All persons having claims against said estate are hereby notified to present the same, duly verified as by law required, to the undersign-ed at his residence, on the Pitts-burg Mist road, wthin six months from the date hereof. Dated and first published Feb. 9, 1022

Last Publication March 8, 1928. W. A. Harris, Attorney. Frank J. Peterson, Administrator.

NOTICE FOR PUBLICATION

hot on things on the earth.—Col-ossians 3:2. Ye cannot serve God and Mam-mon.—Matthew 6:24. PRAYER:—O Holy One, our hearts are fixed trusting in Thee. Notice is hereby given that Ja-cob Martlala of Mist, Oregon, who, on December 7, 1922, made home-stead entry (Portland No. 07343),

According to the latest report I owning clothes subject to attack land above described, before K. F.





THREE



New Telephone Directory

The Oregon Telephone Company Will issue a new Directory on or about March 1st, 1928, and all persons or firms desiring a change in present listing, or intending to have a telephone installed and have their name appear in the New Directory, should call at the telephone office immediately.

It is our desire that the new Directory be accurate in every detail and contain all the information possible relative to our subscribers.

Oregon Telephone Co.





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 G Fourth Thursday nights. Visitors Welcome Levert Goodin, Secretary.



I.O.O.F.-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

STHERE, STATER Meets first and third Mondays of each month at the Legion Hall. the Legion Hall. Mrs. Mark E. Moe, President. Mrs. E. H. Washburn, Secretary.

Announcing New Prices on MEN'S WEAR

14-oz. Red Wrist Canvas Gloves = 15c pair Roadmaster Overalls, waist or bib = \$1.25 Men's Dress Shirts, attached collars = \$1 Old Hickory Work Shirts - - - \$1.00 Miller's Special blue and gray Chambry Shirts 75c Men's fancy dress Sox = = = = = = 25c Men's fancy 4 in hand Ties - = . 50c Can't Bust 'em Frisco Jeens Trousers 2.75 Days Special Whipcord Trousers = \$3.50

Everything for the working man at the right prices all the time at Miller's.

IT PAYS TO SHOP AT MILLER'S

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