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## FRYERS



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## SPUDS

No. 2's 20-Lb. Bag. **49c**

## COCOA

Hershey's Large 1-Lb. Can. **55c**

## LETTUCE

Large, Firm & Crisp Calif. Grown. Head **10c**

## COTTAGE CHEESE

Standard Dairy Pint Tub. **25c**

## COOKIES

Vanilla or Chocolate Creme Sandwich—1 1/2-Lb. Pkg. **35c**

## WISK

Blue Liquid Detergent, 1/2-Gal. **\$1.19**

## FRESH DATES

1 1/2-Lb. Pkg. **49c**

## COFFEE

M.J.B. 1-Lb. **63c** 2-Lb. Can. **\$1.25**  
Inst. 6-oz. **79c** 10-oz. Jar **\$1.19**



QT. JAR

**59c**

## KLEENEX TISSUE

400 Count. **4 Pkgs. \$1**

CHEY-BOY-AR-DEE

## SPAGHETTI

and MEAT BALLS

Serves 5 Giant 2 1/2-Lb. Can. **55c**

## ENERGY

Liquid Detergent 22-oz. **39c**

## CURL'S GROCERY

Phone HA 9-6341 Deliveries 3:00 P.M.

VERNONIA, OREGON

## Vernonia Eagle

THURSDAY, OCT. 4, 1962

### Best Venison Method Given

Deer hunters are advised that skinning the deer as soon as possible is the most important measure they can take to assure fresh, flavorful venison for the table.

Andrew Landforce, extension wildlife specialist at Oregon State University, says that good venison has been spoiled because hunters fail to skin the animal and cool it as soon as possible after it's shot. Other advice from the expert:

After cleaning the deer, either skin it on the spot or move it back to camp—if the camp isn't too far away. If the dressed deer has to be dragged back to camp or the car, lace the carcass with a heavy leather shoelace before dragging it over the ground. This helps keep sticks, weeds and dirt away from the meat. Hang deer in a tree, skin and split carcass in half leaving the last neck vertebrae connected to help balance halves while hanging.

Preferably let hang until meat is dry and no longer sticky. This hastens formation of a glaze which helps prevent spoilage and keeps meat clean.

Avoid extreme fluctuation of meat temperature by wrapping the meat in the morning with canvas, blankets, etc. and unwrap and hang at night to cool.

After skin is off, quarter the carcass and put pieces into individual meat sacks. Pack back to camp and hang at once. Hunters who aren't able to move meat back to camp right away can hang the entire carcass in a tree or on poles or rocks on the ground. This permits air to circulate around the meat and speed cooling.

Meat sacks help keep flies and dirt away from the meat. If sacks are not available, placing pine boughs over the meat helps keep it cool and clean.

Landforce agrees it's ideal when the deer can be field dressed and hustled to a nearby camp, home or cold storage locker to be skinned. But most hunters, he says, do not find themselves in such convenient surroundings and need to have suitable equipment and a plan to keep meat clean.

### Cancer Survey Recheck Dated

The third annual recheck of Columbia county residents participating in the six-year cancer prevention study underway in the American Cancer Society will be made during October, says Mrs. Byron Steward of St. Helens, county chairman for the survey.

Men and women of this county taking part in the giant study are among 1,079,000 enrollees across the nation. All of them have supplied the confidential information about their personal living and working habits and their health histories to help cancer researchers find out, if they can, why some people get cancer while others do not.

When the study started in late 1959, the statistical research section of the American Cancer Society listed a total of 29,626 Oregon participants. Since then, there have been 553 deaths in the group, 138 of them cancer-caused. There also have been inevitable deletions, 423 of them, because some enrollees did not fill in questionnaires properly, were too young to be included or did not state their age, an essential factor in the study.

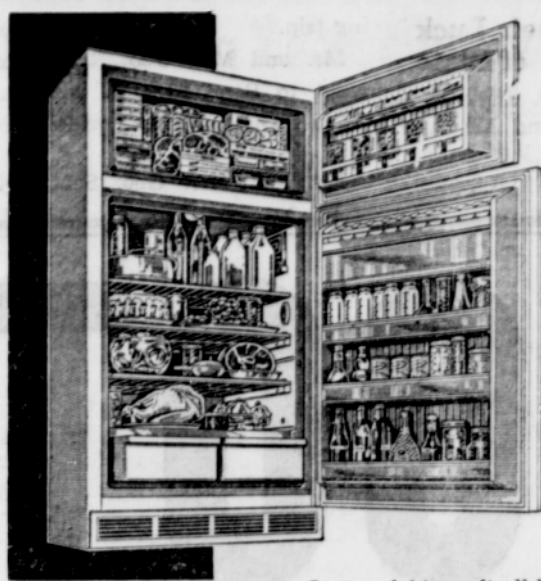
Currently, as a result of these losses by death and deletion, there are 28,650 persons in Oregon still enrolled. They live in 27 counties of the state and are of many races and nationalities and varying economic levels.

In the October checkup, volunteer workers for the American Cancer Society will be asked only to report any changes in address or family status and any deaths since the 1961 followup. Additional information will be sought in 1963 as it was in 1961.

As of October 1, 1962, there are 385 participants in the study in Columbia county and 20 volunteer workers trying to keep track of them.

The six-year study is the largest statistical sampling ever undertaken in the health field. From its findings researchers hope to learn much more than they now know about the effects of eating habits, environmental factors, working conditions and living standards upon an individual's susceptibility to the disease cancer. The study will be completed in 1964.

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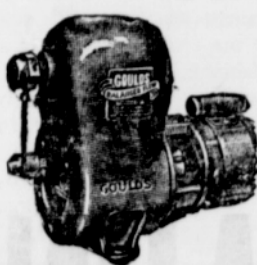


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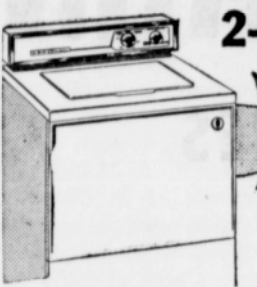
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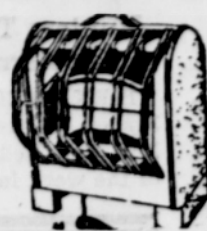
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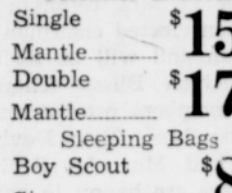
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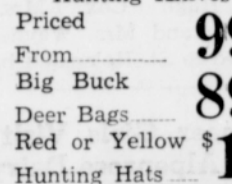
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### IT'S A PRIVILEGE AND A PLEASURE TO LIVE IN VERNONIA AROUND THE FARM

By DON COIN WALROD  
County Extension Agent

Fall planted cover crops are the most effective method of protecting crop and fruit lands from the ravages of winter storms.

Besides the main benefit of reducing erosion, cover crops also hold soluble plant nutrients, add organic matter, hold tree leaves in orchards and silt on overflow land, cushion the soil from compaction by heavy or steady rains, and help beautify some otherwise rather drab looking fields.

The choice of cover crop to seed will depend upon several factors, including time of seeding, moisture supply, cost of seed, reason for cover cropping, and equipment available for killing the cover crop in non-irrigated plantings.

In general, a good rule for cover crops is to seed early in the fall and knock down and kill the crop early in the spring. Early fall seedings will give more time for the cover crop to establish itself before colder temperatures slow or stop growth.

With early seedings, the farmer can drill or broadcast while conditions are favorable. Even though seeded in dry soils, cover crops come quickly with warm fall rains.

Cost of seed is less of a problem than at some times in the past. With inexpensive seed, the rate of seeding can be increased to give more plants per square foot.

If erosion is a problem, common ryegrass is not only one of the best but probably one of the least expensive seeds available. It makes quick growth after seeding, has a dense root system, and will check erosion better than the common legumes or grains seeded at the same time.

Of the legumes, crimson clover, common vetch, or Austrian field peas are the most popular. There are other good legumes, including hairy vetch and sub clover. However, both of these legumes have enough hard seed so that they become weeds if the farmer changes his rotation. Sub clover would be better suited as a semi-permanent crop than an annual crop.

Large seeded legumes, including the vetches and peas, can be seeded at 30 to 75 pounds per acre.

Smaller seeded clovers are seeded from 5 to 15 pounds, depending largely upon the cost.

Aburzzi rye and other winter cereals can be seeded at not less than 50-75 pounds per acre if in combinations with a legume and at least 125 pounds per acre if seeded alone.

Common ryegrass should be seeded at not less than 20-25 pounds per acre.

More seeds will germinate if the seed is drilled rather than broadcast. If drills are not available, using a corrugated roller or harrow will leave furrows into which most of the seeds will fall. Rains will wash small amounts of soil onto the seed, but rolling is a better way to cover seed.

Supplying from 30 to 40 pounds of actual nitrogen per acre at seeding time will give quicker growth of the newly seeded cover crop. From 40 to 60 pounds of phosphorus per acre will improve the growth of legumes if a soil test shows a need for this element.

Federal cost-sharing assistance is available to farmers who plant cover crops providing they make application and receive approval before planting. Applications should be made to the county agricultural stabilization and conservation office, St. Helens.

The summer edition of "Oregon's Agricultural Progress," a 16-page quarterly magazine is just off the press with a number of articles that should be of wide interest. Available without charge to Oregon residents, this publication provides up-to-date information on research work by Oregon State University in agricultural fields and related subjects.

Articles in the current issue cover such important things as the place of agriculture in use today under the title, "Agricultural Chemicals—Boon or Bane." New information on mole control is covered under the title, "Control Moles for \$1 An Acre." This issue also has articles on fence posts, feeding of pond reared fish, type in beef calves, spacing of blackberry plants on yields, and a number of smaller items.



By Frank J. Laheney

QUESTION: I hired a woman the first week in April of this year to clean up my house on Saturdays. I pay her \$5.00 each Saturday for this work. Do I have to make a social security report showing the wages I pay her since she only works one day a week?

ANSWER: Yes. Whenever a household worker is paid \$50 or more cash wages in a calendar quarter, these wages must be reported for social security purposes to the Internal Revenue Service. The social security report and tax payment for the third calendar quarter of this year (July, August, and September) is due by October 31st. For more information, ask your local social security office for a copy of Leaflet 21.

QUESTION: I am 62 years old and recently had to stop work because of disability. Is there any advantage for me to apply for disability insurance benefits rather than my social security retirement benefits?

ANSWER: Yes, if your disability is so severe that you cannot perform any substantial gainful activity, it would pay you to inquire

about getting disability insurance benefits. A retirement benefit under social security is reduced by 20 percent if you file at age 62. If you are found eligible for a disability insurance benefit, it will be paid at the full rate, just as though you were 65 years old. And when you become 65 your disability insurance will cease and retirement benefit payments in the same amount will begin.

QUESTION: At the end of last year after working for 30 years for the same company I was retired at the age 65. To keep myself busy I bought a little fishing tackle store. I expect to earn from my store only about \$1900 this year. I haven't applied for my social security because I'm still active, but my friends tell me that I could receive some of my social security checks. Is this true?

ANSWER: Your friends are correct. You don't have to retire completely to get some of your social security benefits. The number of social security checks you can collect depends on the amount of your monthly benefit and an estimate of your total earnings for the current year. Visit your social security office as soon as you can. Benefits are retroactive for only 12 months.

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