

A FRIEND TO MAN

From the Aberdeen News.

As near as can be ascertained, grasshoppers have not wiped out regions where the pheasants are numerous.

For this, the residents of large areas in South Dakota owe a debt of gratitude to the much maligned pheasant. This year, he is demonstrating his excuse for being.

Pheasants will utterly ignore grains as long as there is an abundance of insects. He is as fond of grasshoppers, in fact, as the black bear is of blueberries.

He likes bugs and worms and crickets and grasshoppers because it agrees with him—makes him sleek and fat and builds up a nice reserve for the long winter and, incidentally, for the table during hunting season.

It is not denied that this beautiful bird will eat the farmer's grain to some extent when the bugs have taken to their winter quarters, but then the farmer's grain has practically all been locked in granaries or been sold at the elevators.

Nevertheless, in practically every pheasant's crop during the late fall and winter seasons, will also be found weed seeds of practically every description.

He is a forager and has learned in the rough school of grim experience to make a good living on the brushy banks of streams remote from fields planted and cared for by man—in short, he will wax fat and strong where practically every other species of the bird family, except the sparrow, will starve.

The pheasant is not a thief nor a gourmand.

He fills his tough and adaptable crop with a wide variety of food, and has learned to like all manner of waste and roughage that the countryside offers.

It is during the summer and early fall months, however, that he feasts on the food dearest to his heart—pestiferous insects and parasites that otherwise would prey on the farmer's crops.

Out in Utah, there is said to be a monument to the sea gulls that flew inland by the millions during the pestilence of grasshoppers that swept the west more than 50 years ago and actually kept the swarms of pests from a wide region.

The monument was erected by the Mormons.

And if the matter were investigated, it would be found that pheasants this year have consumed grasshoppers to such an extent that the latter have been actually annihilated in some localities.

Sister Mary's Kitchen

"Vegetable dinners" and "vegetable plates" offer one of the most satisfactory means of adding variety to summer menus. Served once or twice a week they make an agreeable change from the usual meat and potato meal.

Although vegetables are available in great abundance, ingenuity and imagination are needed to make a vegetable dinner really interesting. Try to include at least three, or better four, vegetables in the combination. The wider the variety the easier the plate is to prepare.

Given this variety of vegetables, the selection becomes an important factor. Keep in mind the desirability of contrast. Contrast in color as well as flavor and texture determines the choice of vegetables. Careful planning in this respect makes for most attractive and appetizing meals.

Cooked Different Ways

Contrast also enters into the method of cooking and serving vegetables. If one vegetable is served plain with butter, let another be creamed, a third grilled or broiled, and a fourth served in a croquet, timbale or fritter.

While all vegetables contain at least a trace of protein, it is not enough to keep up the balance in the body between the giving out and the intake of energy, and is of poorer quality and less value than that found in other sources. For this reason it is well to include a protein food known to be of high quality. Nuts, eggs, cheese and milk can be added to vegetable plates in such a way that the proper balance is maintained.

Toasted cheese sandwiches are an example of an easy way to add protein. The crispness of the toast provides a pleasing contrast of texture with the softness of vegetables.

- + Breakfast—Cantaloupe, cere- +
- + al cooked with dates, cream, +
- + cinnamon toast, milk, coffee. +
- + Luncheon—Cauliflower in +
- + cheese sauce (baked), broiled +
- + tomatoes, celery, apple and +
- + green pepper salad, iced choc- +
- + olate, crisp cookies. +
- + Dinner—Cold sliced roast +
- + lamb, currant jelly, peppers +
- + stuffed with lima beans and +
- + sweet corn and baked, salad +
- + of mixed greens with French +
- + dressing mint sherbet, choco- +
- + late brownies, milk, coffee. +

Milk is another effective means of increasing the protein content of a vegetable meal. As a beverage, in the dessert or in a sauce over the vegetables, you will find milk convenient to use in numerous ways.

Calories in Desserts

Eggs can be hard cooked and used as a garnish, or they can be poached and served with a creamed vegetable on toast. Desserts made

What Law Is Law?

From Philadelphia Public Ledger. Even if there was not a rigid federal law to prevent the use of naval uniforms for purposes having no relation to the service which these uniforms represent, there would be something ugly about the spectacle of policemen snooping about in that disguise. The naval service, in its traditions and in the imagination of the people, is too far removed from the codes of Volstead to make that practice seem tolerable.

Director Schofield refused to see that one of his men did any wrong in using a chief petty officer's uniform to aid him in trapping a boot-legger. But the offending policeman

with milk and eggs also take care of the protein calories.

Stuffed vegetables such as tomatoes and peppers can be the means of furnishing protein if the stuffing is chosen with care. Peanuts are cheap and a rich source of protein. They combine well with nearly all vegetables.

Very often the garnishings add food value as well as beauty to the plate. Sliced eggs, grated cheese, toast points and croutons furnish calories. Parsley, watercress, radishes and celery add minerals and in the case of radishes and celery contribute a raw crisp vegetable.

Too often this equality of crispness is lacking in vegetable plates. Chinese fried noodles, Saratoga or lattice potatoes, shoe-string potatoes and crisp bread-stuffs can be used when crisp raw vegetables are not included.

Suggested Combinations

These combinations undoubtedly will suggest others to you: Stuffed baked tomatoes, creamed green peas, buttered cauliflower, lattice potatoes.

Spinach timbales with mushroom sauce, carrot marbles, French fried onions, toast points, radishes and celery.

Corn on the cob, lima beans in cream, broccoli with lemon butter, broiled tomatoes, toasted cheese sandwiches.

Buttered chard or beet greens on toast with poached egg, fried eggplant, baked onions, pickled beets.

Stuffed baked peppers, fried summer squash, diced beets in orange sauce, Saratoga potatoes, stuffed celery.

Sweet potato and walnut croquets, creamed Kohlrabi, baked carrots and peas, watercress, toaster crackers, radishes.

Ohio Pilot Lands Plane In Columbus Backyard

Columbus, Ohio. —(UP)—Fred Gule was piloting his Curtiss-Wright junior monoplane over Bexley, a suburb, when he ran out of gas.

Gule looked for a landing place. He was losing altitude rapidly. Of the immediately available places, the backyard of Frank Rutherford looked best. Gule skimmed over several houses and set down to a perfect landing.

He called Port Columbus, nearby, for gas and took off a few minutes later from the same place.

CALL RADIO PLAYER INSANE
Corunna, Mich. — (UP) — Because an aged woman here revels in playing jazz music on her radio in the early morning hours, neighbors, who claim they are kept awake, have demanded that she be subjected to a sanity test.



has just been ushered unceremoniously out of the naval reserve under pressure instantly exerted by no less a person than Secretary Adams. Since he deliberately violated one of the oldest laws of the land he would be ushered out of the police service, too, if Director Schofield were not hopelessly fixed in his conviction that the dry law is the only law that really matters.

PAYS TO THIN TREES

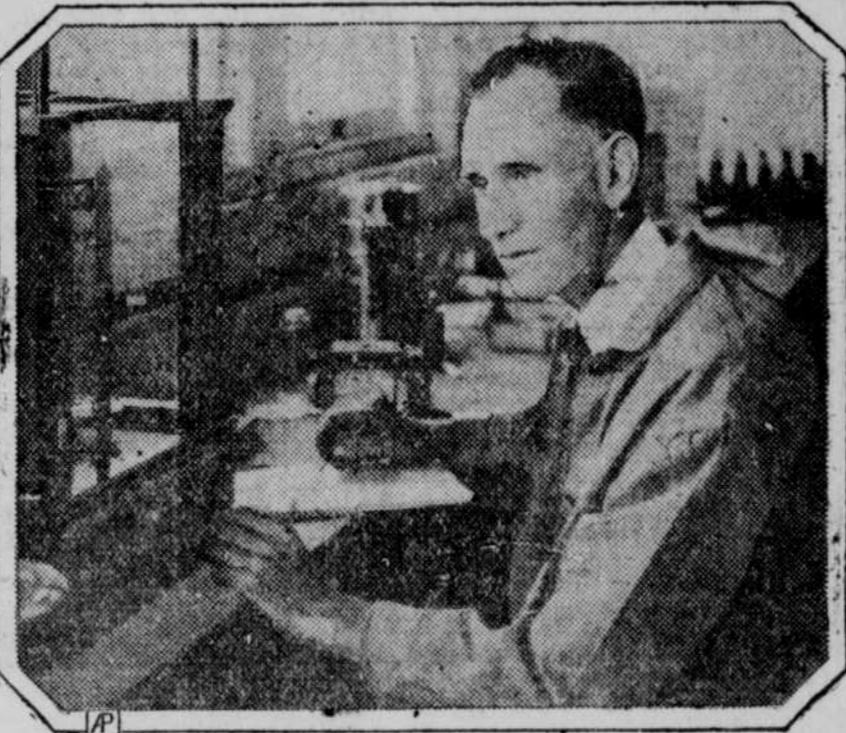
Peaches paid from 25 to 50 cents more a bushel, tree run, and apples paid 34 cents more a bushel where the fruit had been properly thinned over in North Carolina

Side Glances

By George Clark



New Profit for Dixie Farms Seen in Hybrid Raspberries



C. F. Williams, young horticulturist at North Carolina State college, is credited with development of a hybrid red raspberry that may put more money in the pockets of southern farmers.

Raleigh, N. C.—The experiments of C. F. Williams of North Carolina State college may take the "razz" out of the raspberry business on southern farms.

A new red berry, said to be adapted to climatic conditions in the south and to have a delicate flavor and a quality suited to commercial production, has been developed and propagated here by Williams, one of the younger members of the college horticultural staff.

The hybrid berry is a result of five years' research by Williams, according to Dr. R. Y. Winters, director of the college experiment station.

Dr. Winters said there is no doubt that Mr. Williams has a new variety, adapted to the south, and with a firmness of texture suited to shipment.

Governor Green's Visit.

From Gregory Times-Advocate. Some of the papers in the state are criticizing Governor Green because he is spending considerable time this summer out over the state addressing meetings of different organizations, community gatherings, picnics, etc. The criticism offered is that the governor should be in his office at Pierre attending to the business of the state. Now every person knows that at this time of the year the business in the state is merely routine and such matters are attended to by clerks in the different departments. Surprising the people about the state's affairs, what his plans are and rub shoulders with the common people of the state of which the governor is one. In this way he meets the people of the state who would have had no other opportunity of meeting their governor. His critics instead of having him to do as he is doing, would coo him up in his office and when these invitations came in asking the governor to be present at some gathering, they would have him decline and leave the impression that the governor was above mingling with the common herd. His critics would have him staying in an office waiting for a few straggling visitors who come to Pierre in the summer time to call upon him, rather than having the governor going out and meeting the people. When it's all traced down this sort

of criticism is of the peanut variety and had he stayed in his office as these critics suggest, they would have criticized him for not going out and meeting the people. We commend Governor Green on the course he has taken. He is getting acquainted with the people of the state and the people are getting acquainted with him. And the fact that the demands on him to appear at community gatherings is greater than time will allow him to attend is pretty good proof that the governor is going over fairly big. Then too he has a real message when he talks at these summer gatherings.

Williams began his raspberry breeding in 1923. In 1928 he secured pollen from a variety of raspberries and made crosses of the Latham red raspberry upon the Rubus Coreanus, an Asiatic variety of great vegetative vigor, but poor fruit.

The Latham could not be grown in the south except in protected highlands. Its fruit, however, was of high quality.

The Asiatic specimen is adapted to the southern climate and is resistant to raspberry diseases common to the section.

It is claimed that all the qualities of both types are combined in Williams' hybrid variety.

No plants will be distributed this year, but several experimental plantings will be tried out.

SAX APPEAL

My hair is graying, thinning, too,
And yes, I'm rather fat;
In short, I find I look my best
In overcoat and hat.

But there's about me something
which
My lines do not reveal;
You'd be surprised—I am myself—
That I have sax appeal.

Nor am I wrong about the fact
For every where I go,
Some fiend that ought to be in
jail,
A sax is sure to blow.

At dances, shows, from radios,
Where'er I eat a meal,
I'm sure to hear, to curse the thing,
Its moan and squeak and squeal.

I fear me, too, the life I've led,
When I have crossed the bar,
I'll yet not lose my sax appeal—
I'll still be where they are.
—Sam Page.

States will result from the industrialization of Russia." Colonel Owsley predicted, pointing out that Russian industrialization depends on conscript labor.

TO SHOW UP MARS

Washington—The man who built the famous 100-inch telescope of Mt. Wilson, Dr. George Willis Ritchey, is about to build a much larger telescope which, he contends, will enable a minute examination of Mars and other planets. If there is life on those planets, Dr. Ritchey believes his new telescope will reveal it.

Former Legion Chieftain Scores Yankees in Russia

Toronto, Ont. — Speaking before the Lions' convention Thursday, Col. Alvin Owsley of Dallas, Tex., past commander of the American Legion, declared that the 3,000 American engineers and executives working in Russia under soviet auspices, should have their citizenship forfeited if they refuse to return to the United States in 30 days.

Judges Were All Gentlemen



Brunettes will probably go to war again now that little Marie Gertrude York, two-year-old blonde, blue-eyed baby, captured this silver loving cup for 100 per cent perfection in a Boston, Mass., baby contest. Gertrude was more interested in the camera that made this picture than she was in her newly-won trophy. Her home is in Boston.

In Memory of Carranza



Two events memorializing the tragic death of Major Emilio Carranza, noted Mexican flier, three years ago, were staged in and near New York when a monument to the memory of the flier was dedicated at Chatsworth, N. J., and two American pilots hopped off from Roosevelt Field, L. I., on a proposed non-stop flight to Mexico City and return. Photo shows the stone shaft erected to Major Carranza with officiating Mexican dignitaries and the wreath they have just placed on the monument. Insert depicts Mrs. Dorothy Maloney, secret wife for almost four months of Edward Maloney, giving her husband coffee and sandwiches for his flight over the route to Mexico City which Carranza was flying when he crashed. Seth Yerrington is Maloney's flying mate.

Wilson's Widow at Unveiling



This heroic statue of Woodrow Wilson, wartime President of the United States, was unveiled with appropriate ceremonies in the presence of Mrs. Wilson on July 4 at Poznan, Poland, the imposing monument being erected as a gift of Ignace Paderewski, first President of Poland. Mrs. Wilson may be seen standing in front of the statue with President Moscicki of Poland. Gutson Borglum was the sculptor.