





# Use by Adults.

By LELAND SPENCER The decline in the number of young children is one reason for the reduced use of milk the past few years, according to the New York state college of agriculture.

The declining birth rate calls for special efforts by the milk industry to push the general use of milk as a drink by adults, and especially to break down the tendency of adolescents to switch from milk to other drinks.

Efforts should also be continued to find ways to get fluid milk at less cost to families of low incomes. This is the surest way to ward off the substitution of other forms of milk for fresh milk.

As for dealers' "spreads" on re-tail milk in nine important mar-kets of the United States, the spreads were reduced during the depression, but are now larger than ever.

The inability of milk dealers to reduce their spread on retail milk is the main reason for the less friendly public attitude toward them the past few years. Those acquainted with the situation, however, know that the chief obstacle to reducing the spread is high wages and the difficulty of using less labor, especially for retail delivery.

As to the outlook for the milk industry during the next two years, the Cornell milk marketing specialists say much depends on the trend of commodity prices.

## Green Vegetables Needed

For Well-Balanced Diet Even before the searchlight of food research was turned on leafy. green vegetables their value in human nutrition was pretty generally appreciated. Today they have an important place on the list of "protective foods"-a way nutritionists have of designating foods with a very high dietetic rating.

Leafy, green vegetables merit a the passing of a character who place on this list chiefly because might have stepped out of one of they are rich in both iron and vita- Dumas' novels. When he was 21 min A. Many of them are also Phelan came to America, seeking very rich sources of calcium. These adventure, and arrived in Kansas



#### Peter Pond, Pathmaker

THEY say that when Peter Pond was born to the wife of a Milford, Conn., shoemaker in 1740 he "arrived in a restless mood" and from that time until the end of his life he was constantly on the go. His father wanted him to "stick to the last" but the boy's restlessness led him into the British army at the age of 16. He served under Lord Howe, Sir William Johnson and General Amherst in Canada and there learned of the wealth of the country he was helping to conquer. It was furs and he was destined to become one of America's greatest fur trad-

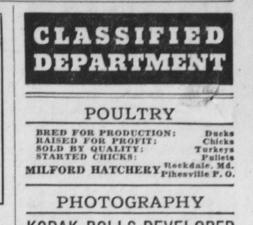
After the French and Indian war was over, he went to sea and after a successful voyage to the West Indies returned to Milford to find his mother dead. So he took charge of his eight younger sisters and brothers until his father returned from a trading trip to Detroit. When his father died Peter as-

sumed his debts and in 1765 went to Detroit to engage in the Indian trade. He spent one winter at Michillimackinac, then "took another turn to ye West Indies." But he was soon back in the West-at Prairie du Chien and Green Bay, Wis.

About 1775 he gave up the trade in the Mississippi valley and went up into Canada. He is said to have been the first white man to reach the Peace river country and when the North West company was organized in 1784 he was one of the shareholders. He helped wrest the valuable Chipewayan trade away from the Hudson's Bay company and he inspired the famous exploring expedition of Alexander Mackenzie to the Pacific. Pond sold out his interests in the North West company in 1790 and is said to have died in poverty a few years later.

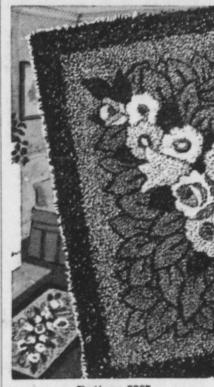
### A Dumas Hero

WHEN Irish-born Thomas Phelan died in Bremerton, Wash., in 1909, at the age of 72 it marked



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three nutrients, according to a recent nation-wide survey, are food essentials in which American diets of Osawatomie. are often low.

Green leaves are also excellent sources of vitamin G. Thrown in for good measure are considerable amounts of vitamin C and Vitamin B1. Leafy vegetables, in addition, contribute bulk or roughage, some of which is usually desirable in the diets of persons in normal health.

### Aerial Photos Offer

Accurate Farm Record With the advent of the Agricultural Adjustment act, and the need for accurate field measurement to check compliance with the soil conservation program, aerial photography came into its own as a cheap, quick, indisputable method of land mapping.

Accurate field measurement is important under the AAA because conservation payments are made at a specified rate per acre of land planted. Prior to the use of air photography, a number of methods, ranging from the old measuring wheel to surveying, were used.

Cost of checking performance from the air is about one-third less than the earlier methods of land measurement. Air photography costs about four cents per acre as compared with six cents per acre under older measuring methods. The cost is included as part of the administrative expense deducted from payments to farmers.

### Farm Facts

Mushrooms have been cultivated commercially in the United States for less than a half century.

The importance of live stock in Ohio agriculture is shown by the figures for farm income in 1938. Sales of all farm crops brought \$63,881,000 but the sales of live stock and live stock products totaled \$218,685,000.

. . . Success of artificial insemination in breeding of dairy cattle, tried for the past three months in six southern-tier counties, has led officials of New York state college of agriculture to sanction the method for use by dairymen throughout the state. . . .

Farmers now pay approximately \$1,500,000,000 annually for power and power machinery but before the World war they sold power in the form of work animals for several hundred million dollars annually. . . .

One cord of barnyard manure or other well-rotted organic material per 5,000 square feet of garden is recommended as the first fertilizer to apply to the garden. This may be supplemented with superphosphate or with a balance fertilizer as

in time to take part in the border wars as a follower of John Brown

In Jackson county, Mo., he was captured by pro-slavery bushwhack-ers, who shot him and left him for dead. Upon recovering, he enlisted in the Union army, rose from sergeant to the rank of captain and served throughout the Civil war. Once he and several of his company were captured by Quantrill's guerrillas and sentenced to be shot. Their lives were saved by a Federal commander who threatened to hang an equal number of Southern sympathizers if they were harmed. After the war, Phelan, with his sword-cane, was a picturesque figure on the streets of Kansas City where he became noted for his skill as a swordsman and his readiness to settle any guarrel on the duelling grounds with rapier or pistol. Then he enlisted in the fight for Irish freedom, joined the Fenians but quarreled with some of their leaders because of their terroristic methods. As a result, three "dyna-miters" in 1885 attacked him in his office and almost slashed him to death with their daggers before he beat them off. After many months in the hospital he finally recovered from his wounds.

In 1894 Phelan won international fame when the French captain, Alfred Dreyfus, was courtmartialed and sentenced to Devil's Island. Phelan immediately denounced Count Esterhazy as the forger of the documents which convicted Dreyfus and challenged him to a duel. The charges of the Irish soldier of fortune were ridiculed but later events proved that he was right.

'Thirty-Thirty' Jack

BACK in 1898, when Jack Pratt was 26 years old, he left the States for Alaska and settled hear Wrangell. There was no monotony in his far-north life-he became a deep-sea diver, prospector, game hunter, "mountie," saloon-keeper and government agent. They called

him "Thirty-Thirty" Jack after the rifle he carried instead of the usual six-shooter.

Up in Nome, for a while he went into partnership with Tex Rickard, famous prize-fight promoter. the Their business interests were centered solely in running a saloon, so instead of promoting fights, they were interested in stopping them. There, too, "Thirty-Thirty" knew many later notables including Rex Beach, Robert W. Service, Texas

Guinan and Jack London. A few months ago he made a trip to Chicago which was his first return to "civilization" in 38 years. He said he was disappointed, however, because, although 66 years old, he guesses he is still a pioneer at heart.

He returned to Wrangell and put on a big party to celebrate his "de-liverance" from derby hats and other signs of formal living. • Western Newspaper Unit

## There Are Two Ways to Get at Constipation

Yes, and only two ways-before and after it happens! Instead of enduring those dull, tired, headachy days and then having to take an emergency medicine-why not KEEP regular with Kellogg's All-Bran? You can, if your constipation is the kind millions have -due to the lack of "bulk" in modern diets. For All-Bran goes right to the cause of this trouble by supplying the "bulk" you need. Eat this toasted nutritious ce-

real every day-with milk or cream. or baked into muffins-drink plenty of water, and see if your life isn't a whole lot brighter! Made by Kellogg's in Battle Creek. Sold by every grocer.

#### **Our** Intellect

God has placed no limits to the exercise of the intellect He has given us, on this side of the grave. -Bacon.

## **How Women** in Their 40's **Can Attract Men**

Here's good advice for a woman during her change (usually from 38 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells. Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made especially for somen. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

#### **Multiple** Saving

Save a man and you save a unit; save a boy and you have a multiplication table .-- John Wanamaker.



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