

Ways of Serving Strawberries

The strawberry could not be recommended to the thoughtful housewife because of any very high nutritive qualities it possesses. To be perfectly frank, ten cents worth of strawberries contain about one-sixth as much nourishment as ten cents worth of apples.

In fact—it is sad, but true—the fruit is the most expensive in the list issued in the bulletins of the United States Department of Agriculture.

Even watermelon possesses two-thirds more nourishment for the price we pay than strawberries, and yet no fair-minded housewife would want to deprive her family of the joy of an occasional dish of strawberries just on that account.

It may have been in order to furnish some excuse for eating strawberries that there have sprung up around them the tradition of so many virtues. It used to be said that he who ate strawberries would have no tartar on his teeth, that they prevented perspiration in summer time, that they cured gout and consumption and a host of other ills that flesh is heir to. The housewife who believed all these things could well consider strawberries economical.

But why make all these excuses? Why not admit that we like strawberries, that they do us no harm and that we eat them for the very joy of it? For, indeed, to the person who likes the flavor of this most useless of all fruits, there is something incomparable about it. The very botanical name for strawberries—*fragaria*—which indicates its fragrance, is token of the delicate and lovely flavor of the fruit.

There are many ways of serving strawberries, to bring out the flavor in a host of delicious ways.

Here are some rules that are especially worth trying:

Strawberry Whip.
To make a delicious light dessert use the white of two eggs beaten stiff, add one-half cupful of powdered sugar and one and a quarter cupfuls of crushed strawberries. Beat again till stiff enough to hold its shape. The riper the strawberries the better will be the results. Serve soon after making.

Strawberry Cream.
A richer mode of serving strawberries calls for one pint of ripe

strawberries and one-half cupful of sugar. They should be mixed and mashed together and put through a sieve. Then whip a pint of stiff cream and add to the strawberries with a tablespoonful of gelatine dissolved in a third of a cupful of cold water. Mix together, pour in a mold and set on the ice till ready to serve.

Strawberry Cup.
This calls for one quart of ripe strawberries rubbed through a sieve. Add a small glassful of maraschino wine, one pint of white wine, a few whole strawberries and sugar to taste. Serve ice cold for a warm weather beverage.

Here is a delicious recipe for strawberry shortcake: Sift two cupfuls of flour with two teaspoonfuls of salt. Work it into one-quarter of a cupful of soft butter and moisten with a little ice-cold milk. Divide into two parts and roll each part out with pressure of the finger tips. Place one layer on a buttered layer cake tin. Spread with soft butter and then put the second layer on top and bake in a hot oven. When the two layers are done separate them. Place sugared strawberries between the two layers, cover with the top layer, add more sugared strawberries and serve with a cooked strawberry sauce. To make the sauce, crush two cupfuls of the softer strawberries, add half a cupful of sugar and half a cupful of water and cook slowly for about a quarter of an hour.

This rule calls for a quart of cream and one quart of ripe strawberries, one cupful of sugar, and one teaspoonful of gelatine. After the berries have been carefully washed, hulled and crushed, add the sugar and let them stand for an hour or more. Then rub them through a sieve. Soak the gelatine in a tablespoonful of cold water and dissolve in half a cupful of hot water. Add this to the strawberries and mix thoroughly. Now put the strawberry mixture into a pan of cold water and stir it until it begins to thicken. Whip the cream and add it to the mixture, folding in very lightly. Turn it all into the ice cream mold or cylinder and freeze in ice and salt without stirring as it is freezing. Let it stand for four hours before serving, remaking if necessary.

PORT ORFORD OFFERINGS.

Carry County News As Told by the Port Orford Tribune.

J. R. Miller received his new Ford auto last week and is now busy learning the intricacies of the "critter." He says it is worse to handle than any cayuse he has ever tackled.

A. J. Weddle and O. Butterfield, accompanied by their families, were camped at Port Orford last Saturday night en route from Bandon to some point along the new railroad south of Eureka, Cal., where they expect to locate either in southern Humboldt or northern Mendocino county. They were traveling by easy stages in a couple of "prairie schooners" and enjoying a summer vacation as they went. Messrs. Weddle and Butterfield were formerly proprietors of the Bandon Western World.

AT THE HOTELS

The Chandler.
Louis Candolo, Cow; Chester Snow, Little; W. B. J. L. Mason, Myrtle Point; W. R. Peterson, Portland; Norman Thorpe, Oakland; Sydney L. Williams, Bandon; Mr. and Mrs. L. P. Nichols, Bandon; Mabel J. Hansen, Coquille; Mrs. D. D. Price and Donald, Coquille; J. W. Ashley, San Francisco; L. J. Watson, San Francisco; Sam S. Goldsmith, Portland; Mr. and Mrs. W. E. Arnold, Portland; H. E. Kelly, San Francisco; Mr. and Mrs. O. J. Land, Portland; O. P. Gustafson, Minneapolis; C. S. Howatt, Portland; F. B. Pratt, Portland; U. S. Booth, San Francisco.

The Blanco.
J. M. Jones, Bandon; A. L. Conrad, Seattle; Joseph Lovendy, Coos River; F. C. Hamilton, Lakeside; R. H. Norton, Blue Ridge; A. G. Erickson, Bandon; E. Long, Lampa; Joseph R. Fish, Bandon; M. Whitmore, Glendale; Oscar Severson, Portland; Charles Swanson, Tar Heel; E. P. Rubank, Blue Ridge; H. J. Roberts, Portland; Frank Holbrook, Bandon; Harry Lockwood, Bandon; Mrs. J. W. Gibney, Beaver Hill.

St. Lawrence.
J. D. Laird, Sitka; H. M. Gates, Spokane; Ethel Connors, Portland; Helen Connors, Portland; J. E. Starnes, Los Angeles; William Stoddard and wife, South Inlet; R. B. Hayden, Portland; John R. Smith, South Inlet; Melvin Hart, Vancouver, B. C.; R. E. Hayden, Portland;

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New Residences

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in FIRST ADDITION are worthy homes, dwellings built on graceful architectural lines, painted in good taste, and set in well-kept lawns. Some photographs of these new homes are now displayed in the window at 178 Central Avenue, opposite Chandler Hotel.

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