

# WHAT PRICE



# HEALTH

VALUE of health may not be reckoned in dollars and cents. Two thousand years ago there was perhaps some excuse for the gastronomic but today there is none. The way to health lies in a balanced diet. Hippocrates, the father of medicine figured along the same lines back 450 B. C. He expressed the belief that the science of medicine had its beginning in the efforts of men and women to find better and smoother diets.

Diet in the home today is becoming a matter of premier consideration. Women are taking cognizance of those important food elements known as vitamins. They have learned, also, the benefit to the human body of such minerals as iron, calcium and phosphorus.

This knowledge has resulted in the housewife planning her menus with an eye open to dietary values, which is the big reason why milk has assumed such a large place in the menu of the American family. Milk contains every structural element for body building. It is an almost perfect food. Despite the best refrigeration facilities, milk will keep sweet only a short time. Millions of American housewives have solved this big problem by using evaporated milk, which is simply fresh cow's milk sterilized in cans to achieve keeping qualities and with sixty per cent of the water removed.

Evaporated milk is not the same as condensed milk, although many persons confuse the two. The condensed product is a combination of milk and sugar cane in a two-fifth cane sugar and three-fifth milk proportion. Evaporated milk has nothing but water taken from it and nothing at all added. Sugar is the preservative used in manufacturing the condensed product, while heat only is the preservative for evaporated milk. For this reason the evaporated product may be used in any way in which market milk is used.

## Fudge Making Finds Favor With Co-Eds

Fudge may be classed with pie as a typical American dish. It has a place in every young man's heart and every girl's category of accomplishments. Co-eds swear by fudge and "fudge shines" in sorority parlors are the very latest wrinkle in collegiate circles.

There's a big wallop in a platter of fudge, the co-eds explain, because it's one of the greatest sources of energy, containing both milk, the "perfect food," and sugar.

If you've any doubt of the fudge occupies in the young heart, try these recipes on him and hear his own answer. Each of the appended dishes was prepared by Meta Given, doing research work in the home economics department of the University of Chicago, and they are the result of much experimentation.

## Chocolate Fudge.

- 2 cups sugar
- 1/2 cup evaporated milk
- 1/2 cup water
- 1 tsp. corn sirup
- 2 squares chocolate
- Few grains salt
- 1 tsp. butter
- 1/2 tsp. vanilla

Shave the chocolate so that it will melt more easily. Add the sugar, salt, milk, water and corn sirup. Cook, stirring until chocolate and sugar are melted, and then only occasionally prevent burning, until the soft ball stage is reached, or a temperature of 234 degrees Fahrenheit. Remove from fire and add the butter. Cool until almost lukewarm, 110 degrees, add flavoring and beat vigorously until when a little is dropped from the spoon it will hold its shape. Pour into oiled tin and mark in squares.

## Cocconut Candy.

- 1 1/2 cup sugar
- 1/2 cup evaporated milk
- 1/2 cup water
- 1/2 tsp. vanilla
- 1 cup shredded cocconut
- 1/2 tsp. vanilla

Put butter into granite saucepan when melted, add sugar, milk and wa-

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# NEWS

(Continued from first page)  
in the Alford cemetery Monday evening. Mr. Schutte is section foreman at Harrisburg.

Mrs. Charles Tandy and son Oliver of Youcalla visited at the homes of Chester Curtis and other relatives last week and the first of this week.

Emery Rickard is working for John Kropf.

Leo Cersovski has been absent from school several days because of sickness.

Frank Kropf attended the funeral of a friend at Clackamas Sunday.

A. F. Robnett and wife and Doris of Eugene were Sunday racoon callers at E. D. Isom's.

John Ringler and family and Jacob Ringler spent Sunday at J. D. Brubaker's.

## Pine Grove Points

(By Special Correspondent)  
Estes Bass and family spent Sunday at the Slack home.

Miss Edith Pugh visited her sister Mrs. George Chandler, Sunday.

Mr. and Mrs. Ray Hover of Albany visited at E. E. Hover's Sunday.

Mrs. A. F. Albertson visited her parents, Mr. and Mrs. Higbee, Sunday.

Mr. and Mrs. Harvey Wallace moved over near Monroe Thursday. Mr. Wallace has work there.

Miss Mary McGown of Lebanon is calling on members of the Pine Grove school board Saturday.

O. Becker of Monroe was at the Pyle farm Saturday.

Mr. Pyle was a Eugene visitor Saturday.

Norris Hughes and Lyle and Ross Eagy have been absent from school on account of the flu.

The many friends of Mrs. Blood are sorry to hear that she is ill again since moving to Eugene.

Mrs. O. Becker of Monroe, who is used to live here, is in the Corvallis hospital on account of injuries received in an automobile accident.

Verne Eagy spent the week end at Oakville with his grandparents.

## Spoon River Sparks

(Enterprise Correspondent)  
G. J. Rike and Herman Steinke took a fishing trip up the Sandy last Thursday.

Leroy Straley motored to Newport last week Tuesday.

Mr. and Mrs. J. P. Templeton attended church at Albany Sunday.

Mrs. L. R. Falk and two small children.

(Continued in Column 5)

## W. L. WRIGHT FUNERAL DIRECTOR

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## STATEMENT of the Ownership, Management, Etc., of the Rural Enterprise:

Wm. H. Wheeler, having been duly sworn according to law, deposes and says that he is the sole owner, publisher, editor, managing editor and business manager of the Rural Enterprise and that there are no mortgages, bonds or other securities outstanding against the same.

## NOTICE of Appointment of Administrator

Notice is hereby given that the undersigned, by an order of the County Court of Linn County, Oregon, has been appointed as administrator of the estate of C. A. Waggener, deceased. All persons having claims against said estate are required to present them within six months from the date of this notice, with the proper vouchers, to the undersigned at his residence in Halsey, Oregon, southeast of Halsey, in Linn County, Oregon.

Dated this 31st day of March, 1927.  
A. G. Waggener,  
Administrator aforesaid.  
Tussing & Tussing, Attys. for Admr.

## NOTICE of Appointment of Executor

Notice is hereby given that the undersigned, by an order of the County Court of Linn County, Oregon, has been appointed Executor of the last will and testament of W. A. Allen, deceased. All persons having claims against said estate are required to present them within six months from the date of this notice, with the proper vouchers, to the undersigned at his residence in Halsey, Oregon, southeast of Halsey, in Linn County, Oregon. Dated and first published this 17th day of March 1927.  
R. M. Bond, Executor aforesaid.  
Tussing & Tussing, Attys. for Executor.

# Special offer to the readers of this paper

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**Indians Without Salt**  
According to the "Handbook of American Indians," not all of the tribes of Indians were accustomed to using salt; whether from difficulty of procuring it, the absence of the habit, a repugnance for the mineral or for religious reasons, it is not always possible to say. Salt exists in enormous quantities in the United States, and it was not difficult for Indians to obtain it.

**Exterminating Garlic**  
The Purdue plan for getting rid of wild garlic consists of fall plowing in such a manner as to bury all the garlic tops, followed by spring plowing and either a cultivated crop, such as corn or potatoes, or soy beans or cowpeas. The land should lie rough over winter and this program carried on for three years.

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