

11-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

Strawberries are with us again, for a long and impatient wait on part of most of us. Since we told their season is to be a short one we are justified in making the most of them while they are available to us.

Although the nutritive value of them, which is chiefly in the juice, is not high, their delicious, refreshing flavor more than compensates the lack of food elements. This, too, is often supplied by the addition of cream and sugar, or by combining with other foods.

Salads and milk shakes, on ice cream, or as shortcake, are only a few of the ways to use strawberries. Interesting recipes call for the fruit. A number of tempting strawberry recipes are offered this week:

Strawberry Bavarian
 1 tablespoon granulated gelatin
 1/2 cup cold water
 1/2 cup strawberries
 1/2 cup strained lemon juice
 1/2 cup granulated sugar
 1/2 cup whipping cream
 Often the gelatin in the cold water. Crush 1 1/2 cups of the fruit and press quickly through a strainer to remove the seeds. There should be at least a cup of the berry juice. Stand the soaked gelatin over a pan of hot water to melt, then strain it into the berry puree. Add sugar, and when dissolved, set in a pan of cold water. As soon as the mixture begins to thicken, fold in

the whipped cream. Turn into a mold that has been rinsed in cold water and lined with the remaining strawberries, cut in halves. Chill before serving. Yield: 7 servings.

Strawberry Tarts
 4 egg yolks
 1-3 cup granulated sugar
 1 1/2 cups scalded milk
 1/4 tsp. vanilla
 Baked tart shells
 1 quart strawberries, well ripe
 Whipped cream
 Beat egg yolks slightly. Add sugar and scalded milk. Turn into the top of a double boiler and cook over hot water, stirring constantly until the custard coats the spoon. Immediately remove from the fire, cool, and add the flavoring. Just before serving time turn the custard into tart shells to a depth of about half an inch. Over this pile strawberries that have been cut in halves and sweetened. Top with whipped cream and serve at once. Yield: 6 tarts.

Strawberry Sauce for Angle Food
 1 cup cream, whipped
 1-3 cup powdered sugar
 1 egg white
 1/2 cup crushed strawberries
 1/2 teaspoon vanilla
 Whip cream, add sugar, beaten egg white, strawberries and vanilla, and combine all lightly. One half cup pecans or walnuts may be added for variety. This sauce is delicious served with angel food cake or with an ice cream sandwich.

Farm Bill Information

Farm mortgage benefits as well as other prices for farm products in relation to things farmers buy are provided for in the new Farm Act. According to information released by the Oregon Agricultural Extension Service cooperating with the U. S. Department of Agriculture.

Borrowers from Federal Land Banks are to receive a moratorium on payments on principal for five years, plus reduction in the interest rate to 4 1/2 per cent. They also will be helped with interest due which they are unable to pay. There are 9,000 Federal Land Bank mortgages in the country with over \$1,000,000 borrowed.

Farmers who have mortgages through Joint Stock Land Banks may be benefited under the provisions of the Farm Act which offer assistance in the liquidation of these banks, provided they reduce their interest rates to 5 per cent and will use foreclosure proceedings for 2 years.

The Act provides help to other farm mortgages through a special bond issue of \$2,000,000,000 to use funds for loaning to farmers who wish to borrow from the Federal Land Banks. New loans are to be made on the same liberal terms granted old borrowers.

Further provision is made to provide funds to enable farmers to redeem farm property lost by foreclosure since July 1, 1931. In fact, the provisions of the Farm Act contain provisions through which excessive debts may be cut down, interest rates reduced, payments on principal postponed, foreclosed farms redeemed and other provisions to assist farmers to meet urgent obligations, according to a circular issued by the Extension Service.

The first part of the measure is the Farm Act proper, or the part that applies to controlling production and increasing farm prices. In its section, Congress declared that the present acute economic emergency is in part the consequence of increasing disparity between the prices of agricultural and other commodities. For instance, index numbers prepared by the United States Department of Agriculture show that for several months farm products have had an exchange value only half as much as before the war.

Congress declared the policy of the Nation to "reestablish prices to farmers at a level that will give agricultural commodities a purchasing power with respect to articles farmers buy, equivalent to the purchasing

Economic Highlights

Happenings That Affect the Dinner Pails, Dividend Checks and Tax Bills of Every Individual. National and International Problems Inseparable from Local Welfare

President Roosevelt's proposed plan for providing employment, long a subject of discussion, has finally been completed. Principal feature is a \$3,300,000,000 public works program, including federal, state and municipal building projects. Between \$250,000,000 and \$350,000,000 of this will be for highway construction. Bonds will be issued to finance the project, and will be amortized over a period of 15 to 20 years. There will be provision for a certain amount of new tax levy in the bill—sufficient to pay interest and sinking fund requirements. This tax will probably take the form of a sales tax—described as "re-employment tax" or a "breakfast tax" on coffee and tea.

Of wide interest to business, both large and small, is the provision of the bill which will lift the anti-trust laws and permit industrial cooperation in a manner that is now illegal. Government and business will work in partnership, and the government will have the power to act. An industrial control board, of which four of the five members will be cabinet officers, is to be appointed to supervise trade association agreements.

This marks the first successful effort to lift or make less stringent the anti-trust laws, since their passage during the Theodore Roosevelt administration. Business has long held that they have outlived their usefulness, and that they were created to meet a condition which no longer exists. They have forced wasteful production and cut-throat competition. Industrial leaders believe elimination will make possible cooperative work vital to orderly and sound business recovery.

The other pending Administration measure—railroad legislation—is meeting difficulties. Its chief purpose is to coordinate lines, under a Federal supervisor, thus preventing the waste and economic loss arising from too many trunks serving a given locality. Obvious result of this would be additional railroad unemployment. Labor is demanding that something be done to prevent this, if the legislation passes.

The Administration is thus between two thorns, the necessity of making possible the reduction in rail operating cost if the lines are to be saved, and the fear of creating more unemployment when employment is the most vital of issues.

General Trade Rise Continues Full Swing

NEW YORK, May 24—The expansion of general business activity which began with the ending of the bank holiday continues to be in full swing, according to the Alexander Hamilton Institute's current bulletin, which says:

"The latest report shows that freight car loadings during the last week of April rose to the highest figure this year. Loadings were only 3.3 per cent below the volume of a year ago which is the most favorable comparison with the preceding year since the beginning of 1930.

"Automobile production has shown a steady expansion since the middle of March. During the first week of May the output reached 51,436 cars, a new high for 1933. The latest report shows an increase of 18 per cent over a year ago.

"Steel mill activity has shown a steady rise from 14 per cent of capacity in the middle of March to the present rate of 31 per cent. The present rate is not only the highest for the year but it is well ahead of a year ago when the rate was 24 per cent.

"During the first week of May, the output of electricity was higher than a year ago for the first time in 1933. The increase over last year was 9.3 per cent. This compares with a decrease of 10.6 per cent during the week of March.

"Building activity in April showed more than the usual seasonal rise and factory employment in New York state which is representative of the country as a whole advanced 2.7 per cent in contrast to a usual seasonal decline from March to April. Pay rolls showed a 4.4 per cent rise.

Interest payments will be guaranteed by the Federal government.

The "trade boom" is actually attaining appreciable dimensions. A general rise all along the industrial line has been made and held. Newly reported statistics are the most encouraging in many months.

CARLOADINGS—Sizeable increase reported by several railroads.

STEEL—Prices rising, production up.

CONSTRUCTION—A demand for new housing is beginning to appear.

RETAIL TRADE—Sales increased in greater degree than the usual seasonal gain would have indicated.

COTTON—Textile industry reports a sudden rush of business.

Decided improvement in the business failure situation has been reported for several months. Other good signs are reports of wage earners of wage increases and new employment from many parts of the country. Security markets have, of course, been extremely active, with stock prices rising sharply, because of the possibility of currency inflation. Industries which have, in the past, done a large export business, are much encouraged by the tariff truce which was recently agreed upon by the major powers, to last until the world economic conference has had an opportunity to iron out some of the difficulties in international relations.

KLAMATH FALLS—Several Klamath county farmers, cooperating with County Agent C. A. Henderson, will test out seed flax on the major soil types of the county this year. L. E. Tillotson and John Coakley will plant on the lake bottom soils of Tule Lake; the H. J. Beardsley planting at Lone Pine will be on hill land on which water is available; E. A. Geary, Wocum, will make a planting on heavy peat land; and the trial on the H. G. Bunch farm at Honeley will be established on soil typical of the upper project.

Legal Notices

NOTICE OF SHERIFF'S SALE
 BY VIRTUE OF AN EXECUTION ON FORECLOSURE DULY ISSUED OUT OF AND UNDER THE SEAL OF THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF JACKSON, TO ME DIRECTED AND DATED ON THE 20TH DAY OF MAY, 1933, IN A CERTAIN ACTION THEREIN, WHEREIN JACKSON COUNTY BUILDING AND LOAN ASSOCIATION, AN OREGON BUILDING AND LOAN CORPORATION, AS PLAINTIFF, RECOVERED JUDGMENT AGAINST JOHN L. ROWE AND MARTHA A. ROWE THE DEFENDANTS, FOR THE SUM OF TWO THOUSAND, THREE HUNDRED FIFTY AND NO/100 (\$2,350.00) DOLLARS, PLUS INTEREST THEREON FROM JULY 31st, 1932, TO DECEMBER 14, 1932, AT 10% PER ANNUM, BEING THE SUM OF \$87.48, LESS THE SUM OF \$928.00 STOCK CREDITS, LESS THE SUM OF \$154.00 ACCRUED EARNINGS ON SAID STOCK, PLUS INTEREST ON \$1268.00 FROM DECEMBER 14th, 1932 TO DATE HEREOF AT 8% PER ANNUM, BEING THE SUM OF \$44.73, PLUS \$5.00 FOR CONTINUATION OF ABSTRACT OF TITLE, WITH COSTS AND DISBURSEMENTS TAXED AT THIRTY-SEVEN AND 10/100 (\$37.10) DOLLARS, AND THE FURTHER SUM OF ONE HUNDRED TWENTY-FIVE AND NO/100 (\$125.00) DOLLARS AS ATTORNEY'S FEES, WHICH JUDGMENT WAS ENROLLED AND DOCKETED IN THE CLERK'S OFFICE OF SAID COURT IN SAID COUNTY ON THE 20TH DAY OF MAY, 1933.

NOTICE IS HEREBY GIVEN THAT PURSUANT TO THE TERMS OF THE SAID EXECUTION, I WILL ON THE 24TH DAY OF JUNE, 1933, AT 10:00 O'CLOCK A. M., AT THE FRONT DOOR OF THE COURTHOUSE IN THE CITY OF MEDFORD, IN JACKSON COUNTY, OREGON, OFFER FOR SALE AND WILL SELL AT PUBLIC AUCTION FOR CASH TO THE HIGHEST BIDDER, TO SATISFY SAID JUDGMENT, TOGETHER WITH THE COSTS OF THIS SALE, SUBJECT TO REDEMPTION AS PROVIDED BY LAW, ALL OF THE RIGHT, TITLE AND INTEREST THAT THE SAID DEFENDANTS, C. P. SILLIMAN AND ELSIE WINIFRED SILLIMAN, HAD ON THE 28TH DAY OF FEBRUARY, 1932, OR NOW HAVE IN AND TO THE FOLLOWING DESCRIBED PROPERTY, SITUATED IN THE COUNTY OF JACKSON, STATE OF OREGON, TO-WIT:

Commence at the southwest corner of Oakdale Avenue and Fourth Street in the City of Medford, Jackson County, Oregon, and running thence South-

easterly on the West line of Oakdale Avenue, 50 feet; thence Southwesterly at right angles to Oakdale Avenue, to the alley, thence North on an East line of alley to South line of Fourth Street; thence Northeasterly on South line of Fourth Street to beginning.

Dated this 23rd day of May, 1933.
 WALTER J. OLMSCHIED,
 Sheriff of Jackson County, Oregon.
 By OLGA E. ANDERSON,
 Deputy.

May 25, June 1-8-15

NOTICE OF SHERIFF'S SALE
 BY VIRTUE OF AN EXECUTION IN FORECLOSURE DULY ISSUED OUT OF AND UNDER THE SEAL OF THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF JACKSON, TO ME DIRECTED AND DATED ON THE 20TH DAY OF MAY, 1933, IN A CERTAIN ACTION THEREIN, WHEREIN JACKSON COUNTY BUILDING AND LOAN ASSOCIATION, AN OREGON BUILDING AND LOAN CORPORATION, AS PLAINTIFF, RECOVERED JUDGMENT AGAINST CHARLES E. BROWN THE DEFENDANT, FOR THE SUM OF SEVEN HUNDRED FIFTY AND NO/100 (\$750.00) DOLLARS, LESS THE SUM OF \$280.00 STOCK CREDITS, LESS THE SUM OF \$26.30 ACCRUED EARNINGS ON SAID STOCK, BEING THE SUM OF \$533.70, PLUS INTEREST ON \$750.00 FROM THE 25TH DAY OF MARCH, 1932 TO THE 3RD DAY OF FEBRUARY, 1933 AT 10% PER ANNUM BEING THE SUM OF \$64.17, PLUS INTEREST ON \$533.70 FROM THE 3RD DAY OF FEBRUARY, 1933 TO DATE HEREOF AT THE RATE OF 10% PER ANNUM BEING THE SUM OF \$13.94 PLUS \$5.00 FOR CONTINUATION OF ABSTRACT OF TITLE WITH COSTS AND DISBURSEMENTS TAXED AT THIRTY-FOUR AND 35/100 (\$34.35) DOLLARS, AND THE FURTHER SUM OF SIXTY AND NO/100 (\$60.00) DOLLARS, AS ATTORNEY'S FEES, WHICH JUDGMENT WAS ENROLLED AND DOCKETED IN THE CLERK'S OFFICE OF SAID COURT IN SAID COUNTY ON THE 20TH DAY OF MAY, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 24th day of June, 1933, at 10:00 o'clock a. m., at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to satisfy said judgment, together with the costs of this sale, subject to redemption as provided by law, all of the right, title and interest that the said defendant Charles E. Brown had on the 20th day of October, 1928, or now has in and to the following described property, situated in the County of Jackson, State of Oregon, to-wit:

Lots Fifteen (15) and Sixteen (16) in Block Six (6) of Laurelhurst Addition to the City of Medford, Oregon, according to the official plat thereof.

Dated this 23rd day of May, 1933.
 WALTER J. OLMSCHIED,
 Sheriff of Jackson County, Oregon.
 By OLGA E. ANDERSON,
 Deputy.

May 25, June 1-8-15

NOTICE OF SHERIFF'S SALE
 BY VIRTUE OF AN EXECUTION ON FORECLOSURE DULY ISSUED OUT OF AND UNDER THE SEAL OF THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF JACKSON, TO ME DIRECTED AND DATED ON THE 22ND DAY OF APRIL, 1933, IN A CERTAIN ACTION THEREIN, WHEREIN A. A. SCHRAMM, SUPERINTENDENT OF BANKS OF THE STATE OF OREGON AS PLAINTIFF, RECOVERED JUDGMENT AGAINST JOHN L. ROWE AND MARTHA A. ROWE THE DEFENDANTS, FOR THE SUM OF THREE THOUSAND (\$3000.00) DOLLARS, TOGETHER WITH INTEREST AT 8% PER ANNUM FROM DECEMBER 8th, 1931 WITH COSTS AND DISBURSEMENTS TAXED AT FIFTEEN AND 15/100 (\$15.15) DOLLARS, AND THE FURTHER SUM OF TWO HUNDRED FORTY AND NO/100 (\$240.00) DOLLARS, AS ATTORNEY'S FEES, WHICH JUDGMENT WAS ENROLLED AND DOCKETED IN THE CLERK'S OFFICE OF SAID COURT IN SAID COUNTY ON THE 22ND DAY OF APRIL, 1933.

Notice is hereby given that, pursuant to the terms of the said execution, I will on the 3rd day of June, 1933, at 10:00 o'clock a. m., at the front door of the Courthouse in the City of Medford, in Jackson County, Oregon, offer for sale and will sell at public auction for cash to the highest bidder, to satisfy said judgment, together with the costs of this sale, subject to redemption

as provided by law, all of the right, title and interest that the said defendants, John L. Rowe and Martha A. Rowe, husband and wife, and Theodore Peter Tollefson and Mae Tollefson, husband and wife had on the 8th day of May, 1929, or now have in and to the following described property situated in the County of Jackson, State of Oregon, to-wit:

Commencing at a stone located at the N.W. corner of D. L. C. No. 88 in Township 37 South Range 2 West W. M., thence North 90.4 feet; thence East 3.3 feet to a 1 1/4"x2 1/4" G. P. on the easterly boundary of the county road to the point of beginning; thence North 3 degrees 47' East 500.8 feet along the easterly boundary of the county road to a 1 1/4" G.P. in Jackson Creek; thence South 89 degrees 54' East 2078.6 feet to a 1 1/4"x2 1/4" G. P.; thence South 0 degrees 2' East 899 feet along the westerly boundary of Snowy Butte Orchards to a 1 1/4"x2 1/4" G. P.; thence North 89 degrees 54' West 2139.2 feet to the point of beginning, all in Jackson County, Oregon.

Together with the tenements hereditaments and appurtenances thereunto belonging or in anywise appertaining.
 Dated this 27th day of April 1933.
 WALTER J. OLMSCHIED,
 Sheriff of Jackson County, Oregon.
 By Olga E. Anderson,
 Deputy.
 May 4, 11, 18, 25 June 1.

SUMMONS
 IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR JACKSON COUNTY
 JACKSON COUNTY BUILDING AND LOAN ASSOCIATION, AN OREGON BUILDING AND LOAN CORPORATION, PLAINTIFF, vs.
 GUS GUDDAT and MATHILDA GUDDAT, husband and wife; CARL GOTTSCHKE also known as Carl Arthur Gottsche, and BETTY GOTTSCHKE, husband and wife; L. P. WOMACK and BERTHA WOMACK, husband and wife; J. W. SHIRLEY and MINNIE M. SHIRLEY, husband and wife; D. E. MILLARD and SYLVIA G. MILLARD, husband and wife; JOE HOSKIN and MRS. JOE HOSKIN, his wife, if married (true name unknown); C. J. McCAY and OLIVE R. McCAY, husband and wife; STATE INDUSTRIAL ACCIDENT COMMISSION, a corporation; GEORGE STACY; ANNA E. HAYES, JENNIE D. GARDNER, IDA M. WEAVER, LOUISE P. HENDON, WILLIAM C. POINTER, FLORA BELLE GIFT and GRACE SWANGO, sola and only heirs at law of Robert C. Pointer, deceased, and devisees under the Will of Robert C. Pointer, deceased, uncle and sole and only heir at law of Anna C. Nalley deceased; THOMAS J. KENNEY also known as T. J. Kenney, Ad-

ministrators of the estate of Robert C. Pointer, deceased; DELROY GETCHEL, Administrator of the Estate of Anna C. Nalley, deceased; PORTLAND MORTGAGE COMPANY, a corporation; SOUTHERN OREGON CREDIT BUREAU, a corporation; also all other persons or parties unknown claiming any right title, estate, lien or interest in or to the real estate described herein, Defendants.

TO EACH AND ALL OF THE ABOVE NAMED DEFENDANTS: IN THE NAME OF THE STATE OF OREGON you and each of you are hereby required to appear and answer the Complaint of the Plaintiff on file herein against you, or otherwise plead thereto, within four (4) weeks from the date of the first publication of this summons.

You are hereby notified that if you fail to appear and answer the Complaint of the Plaintiff as required herein, or otherwise plead thereto Plaintiff will take a Decree against you for the relief demanded in said Complaint, which is succinctly stated as follows:

A judgment and decree foreclosing the Plaintiff's mortgage on property situated and being in the County of Jackson State of Oregon, and described as follows, to-wit:

The West 10 acres of the east 30 acres of the southeast quarter of the Northwest quarter of Section 5 in Township 37 South of Range 1 West of the W.M. being Tract 17 of the Honelev Irrigated tracts unrecorded, except an easement for road purposes 20 feet in width adjoining and parallel to the northerly line thereof.

Together with all water rights appurtenant thereto or to become appurtenant thereto.

This Summons is published in The American, Central Point, Oregon by Order of the Honorable H. D. Norton, Judge of the above-entitled Court, duly made on the 28th day of April, 1933.

The date of the first publication of this Summons is May 4th 1933.

O. C. BOGGS
 O. H. BENGTSOHN
 Attorneys for Plaintiff.
 30 North Central Ave.
 Medford, Oregon
 May 4, 11, 18, 25.

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"I really don't see how we managed," remarked an electric refrigerator owner. "It wasn't until we got our electric refrigerator that I began to wonder how on earth we'd been getting along without it. I know Baby's milk is fresh and pure now and that no chances are being taken with his health. Then the money we wasted in spoiled foods alone seems fantastic now. We wasted money by buying in tiny quantities because I knew it wouldn't keep well. Now, I never have to worry about food being tainted and unhealthy. And how I do appreciate the new convenience!"

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