

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

STRAWBERRIES ARE RIPE!

The strawberry season is here again! Warm weather has brought strawberries earlier than usual and according to reports we are to enjoy a season of superior fruit. Because strawberries are favorites with everyone, we are justified in serving them frequently during their always too short season, in order that they can be enjoyed with all their garden freshness.

There is no better way of serving luscious ripe chilled strawberries than with generous amounts of good thick cream. This can hardly be improved upon but serving them often one may enjoy a little variety.

Strawberries are delicious in salads, or served crushed over ice cream, custards, puddings, as the always popular short cake with plenty of cream. A strawberry milk shake will add interest to the school child's lunch and will add the something different that children delight in. Fresh strawberry ice cream, whether purchased or made at home, will tempt even the most jaded appetites.

If you have an abundance of strawberries you will want to try these recipes.

Strawberry Milk Shake

- 1 quart strawberries
- 1/2 cup granulated sugar
- 2 1/2 cups chilled milk
- 1 tbsp. lemon juice

Drain, hull and crush the berries with a wooden spoon. There should be 2 cups of crushed berries. Add sugar and lemon juice to the crushed berries and chill. When ready to serve turn the berry mixture into the cold milk and shake well. Serve with chilled ice. Yield: 4 servings.

Fresh Strawberry Ice Cream

- 1 quart well ripened strawberries
- 1 tbsp. lemon juice
- 3/4 cup milk
- 1 1/4 cups granulated sugar
- 1 1/2 cups coffee cream
- 1/4 tsp. salt

Rinse the freezer—can and beater with scalding water. Wash the berries carefully. To do this put berries in a bowl and pour cold water over them. Swish handfuls of them up and down in the water letting the water drain thru the spread fingers. Lift into a colander to drain. Hull berries, then mash them with a wooden potato masher

or wooden spoon. Press the mashed fruit quickly thru a sieve. Do not press thru any of the seeds, only the pulp and juice. There should be at least 1 1/2 cups of the berry puree. Add the lemon juice to the puree and the sugar to the milk. Heat the sugar milk mixture until the sugar is dissolved. Cool, then add the cream and the salt, and combine with the berry mixture. Freeze at once, using one part of coarse salt and six parts of finely crushed ice. Yield: 1 1/2 quarts or 8 to 10 servings.

Strawberry Sauce for Angel-Food Cake

- 1 cup cream, whipped
- 1-3 cup powdered sugar
- 1 egg white
- 1/2 cup crushed strawberries
- 1/2 tsp. 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.

Devers to Make Intensive Campaign For Congress Job

SALEM, Oregon.—J. M. Devers, candidate for the republican nomination for Congress in the First Oregon District, has been granted a leave of absence without pay from his duties as attorney for the state highway commission and will devote the next three weeks to an intensive campaign for votes during which he expects to visit every county in Western Oregon.

Mr. Devers has been delayed in starting his campaign because of the press of important legal problems before the highway department demanded his personal attention, including the final negotiations surrounding the Coast Highway bridge bond contracts to which Devers has devoted much of his time during the past year.

As a resident of Oregon for the past 22 years Devers is thoroughly familiar with the conditions and needs of the First Congressional District, many of which conditions and needs are stressed in his campaign platform. These include public development and control of ownership of hydro-electric power; river and flood control; harbor and port development; federal aid in the development of flax and linen industry; protection of the lumber industry and other Pacific Coast industries; against destructive foreign competition; adequate and continuous appropriation for public highways and parks, and proper consid-

eration of counties in which are extensive federal holdings, including restoration of funds to reimburse land grant counties.

Devers is also stressing the necessity for just and fair compensation to and treatment of veterans and their dependents commensurate with the service performed and the sacrifice made; wholesome but rigidly effective regulation of all public utilities interstate in character; regulation of all issues of stocks, bonds and other securities for the protection of the investing public; legislation to insure labor its just share in the fruits of its toil; a stabilized and compensating price level for all products of the farm and orchard, and federal regulation and control at the source of the motion picture industry to prevent the destructive influence of immoral pictures.

Coming to Oregon in 1912 Devers located in Eugene and began the practice of law. He served as district attorney for Lane county from 1913 to 1917 and in 1919 came to Salem as assistant to Attorney General Geo. Brown, and when Honorable I. H. Van Winkle became Attorney General he was again named as assistant. Mr. Devers was placed in charge of the legal department of the state highway commission in 1919, a position which he still holds. In that capacity he has written or assisted in writing practically all of the Oregon highway laws and has handled all of the legal work in connection with the disbursement of more than \$177,000,000 in highway funds without a hint of scandal or loss to the state.


Central Point Is Asked to Continue Aid for Jubilee

Central Point is urged by the general committee of Oregon's Diamond Jubilee celebration next June to continue the valued cooperation this community has been putting forth for some weeks past. It is pointed out by Jubilee officials this city will share directly in the benefits derived from the success of the celebration week.

Developments have been numerous the past few weeks. The presence of Secretary of Agriculture Henry Wallace, is assured on Agriculture Day, June 8, when Secretary Wallace will deliver a message of vital importance to all agriculturalists. This day will also witness the agricultural parade in which Central Point as a community has been invited to enter a float as a community. Local plans are underway to make this entry an outstanding credit to this city, which has never failed to let the world know it is one of the biggest little cities in the country.

There is the Pioneer parade which is also an opportunity for Central Point to take an active part. There is considerable material in this section which can be used to advantage including old time wagons and such. J. Verne Shangle, the parade chairman, is anticipating a parade which will be over two miles in length. Entries are coming from all parts of the state with northern California represented as well.

In a short time Central Point will



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no doubt be canvassed in connection with the number of available rooms here for Jubilee visitors. And local residents having extra rooms are urged to get in touch with the Jubilee headquarters as early as possible.

"The Power and The Glory" at Roxy

At the Roxy Theatre is a motion picture which can truthfully be called great. It is "The Power and The Glory" and it is an original story by Preston Sturges, author of that successful play "Strictly Dishonorable." This story, which is one of genuine interest, has a treatment new to pictures and just what this unusual treatment is will not be revealed here, in justice to Mr. Sturges, the author, to William K. Howard who did a fine job as director and to Jesse L. Lasky, the producer.

The picture is superbly acted. Spencer Tracy gives a performance of great power and establishes himself as an unusually fine character actor. Colleen Moore, who has not appeared on the screen for some time, has a straight dramatic role. It is a new line of work for her and

she comes through with flying colors. Ralph Morgan gives the best performance of his career in this picture. At no time does his own personality intrude upon with the characterization.

The photoplay is flawless. Everyone should go to see it whether for good acting or as a study of an advance in the cinema, an occasion that arises all too seldom.

Give More Time For Crop Loans

Time for filing applications for emergency crop loans in Jackson county has been extended from the last of April to May 15.

The amount offered in loans for orchard purposes was also extended from \$250 to \$400.

Eighty applications have been received to date, R. G. Fowler county agent, stated this afternoon, and approvals with checks are being received from day to day. About 15 checks arrived at the county agent's office this morning for loan applicants.

Of the 80 applications made, 75 per cent are from orchardists.

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"Four Cities View" To Become Home Of Oliver Morton

The popular lookout point, "Four Cities View," formerly owned by P. S. Thurston has been purchased by Oliver Morton, of the Morton Milling Co., of Medford who intends to build a residence there.

Mr. Morton has had a well drilled which has an 800 gal. per hour flow. It may be of interest to those of you who are familiar with this place to know that Mr. Thurston has made a road to another point which has an equally wonderful view and the public is invited to visit this point as the best and most accessible view point of the Rogue River Valley.

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