

# Favorite Recipes

Tried and tested by local Central can for publication under this head-Point ladies. If you have a favorite recipe bring or send it to The Amer- ing. Later we will publish all these recipes in book form.

This week's recipes furnished by Mrs. Daisy Brewer.

Rt. 1, Box 394, Central Point.

## MAYONNAISE

Beat two raw egg yolks, add one half teaspoon salt and scant one half teaspoon paprika and beat again. Add four tablespoons lemon juice or vinegar or both in equal proportions a little at a time. Add one teaspoon olive oil put in egg beater, beat oil in thoroughly. Add oil about one teaspoon at a time for several times, then in larger quantities, beating then in larger quantities beating vigorously. Add one pt. of oil to the two eggs. Vigorous and long beating is absolutely necessary in order to avoid the danger of mayonnaise separating or curdling. To improve mayonnaise salad dressing add one heaping teaspoon peanut butter thoroughly mixed in a small quantity at a time. It gives a richer flavor.

## OAT MEAL COOKIES

2-3 cup butter  
1 cup brown sugar  
2 eggs  
1/2 cup milk  
3 cup oats  
1 cup flour (sifted)  
1 teaspoon baking powder

1/2 teaspoon salt  
1 cup cinnamon  
1 cup nutmeg  
1 cup raisins  
Cream butter. Add sugar gradually creaming the mixture thoroughly. Add eggs well beaten, then milk and oats. Sift the dry ingredients and add raisins. Stir the flour mixture into the first mixture and drop by spoonfuls onto a greased baking pan. Bake about fifteen minutes in a rather hot oven.

## NEW ENGLAND DOUGHNUTS

1 quart sifted flour  
1/2 teaspoon salt  
1-4 teaspoon grated nutmeg  
2 teaspoon baking powder  
2 eggs  
4 tablespoons butter  
1 cup granulated sugar.  
1 cup milk  
Sift flour, salt, nutmeg and baking powder together until mixed. Beat eggs lightly with butter and sugar. Add milk and flour. Roll out about 1/2 inch thick and cut with a ring cutter when all are cut out have ready the frying kettle with sufficient hot lard to float the doughnuts while frying test with a piece of the dough. If it comes immediately to the surface it is not hot enough to begin frying. Cook about 3 minutes. Turning frequently to keep them smooth and like balls. When taken from the fat dust with powdered sugar and cinnamon.

# Economic Highlights

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

The next major step in the Administration's recovery program is scheduled to be an attempt to bolster up heavy industries—those producing steel, cement, lumber and similar products which are principally bought by other industries rather than by the ultimate consumer. There has been great business improvement during the last few months, but almost all of it has occurred within consumer industries. Heavy industry is still in the doldrums—and that is serious because these industries normally employ the most workers, and the great bulk of unemployment that still exists can be traced to their lethargy. Practically every business leader, irrespective of what kind of company he belongs to, has the same theme-song. We'll never get far so long as heavy industry remains in a state of coma.

The government's answer to industry's request, according to the U. S. News, will have three phases. First will be a program of Federal aid in financing home building and repairing. It is hoped that this will liberate \$1,500,000,000 of private capital which is now more or less non-productive.

Second, the government will loan directly to industry through the federal reserve banks and the Reconstruction Finance Corporation, so that basically sound concerns need no longer look vainly around for working capital.

Third, the liability provisions of the securities act—one of the most fought about bits of legislation the Administration has passed—will be softened. The act is so stringent in its present form that it has practically brought an end to the issuance of even the most legitimate securities.

It is believed that this program can be followed at a comparatively small cost to the government. In the matter of home financing, the government will simply guarantee a portion of the loans—from 10 to 20 per cent. The experts say that is enough to loosen a vast amount of dammed-up credit. Also, it will make possible long-time financing, with amortization over as many as 20 years, eliminating the type of

serious way of getting this important vitamin into the diet. If vitamin D milk is not available, the next best source is cod liver oil.

"Slenderize, then, with fresh milk"—the beauty method of weight control—because fresh milk provides better than any other food the vitamins, minerals and proteins that promote natural beauty and youthful bodies.

A booklet on Safe Weight Control will be sent upon request to me at Citizens Bank Building, Portland, Oregon.

mortgage which matures every three years or so and must be refinanced at a substantial cost to the borrower.

Funds can easily be made available for the loans to industry. Senator Glass is now sponsoring a law which would permit the federal reserve banks to make loans that regular banking channels are unable to handle under the present set-up.

## SERMON

(Continued from Page Two)

and others stand in your places. If any one of you should suffer an accident in body and be broken all the years of your life; if one should die an untimely death; or if one should lose his reason and be devoid of love, will, purpose and ideal we should be overwhelmed with the tragedy; but these evils would not be as great as to see one of you MISS THE PURPOSE, and the ROAD TO IT, for which God has planned your existence here.

In the afternoon of a mid-summer day, at a certain point southwest of Death Valley, one may stand beside a well of sweet, pure water and looking off to the left may see for miles on miles only rocky, barren wastes of deserts; and down, down, down, the gaze falls until it seems that one is looking into a veritable inferno. The barrenness is intensified by the heat. Now turn your face a little to the right and there stretches out before you the silver band of the highway, running away into the distance where you catch a glimpse of the verdure where you know there are fields and homes and flowers and fruits and all that is needed to make life happy—all that is worthwhile. The traveler, who has an objective in his journey takes another drink of the cool, refreshing water and turns to the right. The better things are calling him. He cannot afford to turn into the desert.

### A QUOTATION

Mr. James McConkey in one of his little devotional booklets has penned the following beautiful and helpful thoughts which I wish to quote:

"You remember the story of the engineer of the Brooklyn bridge. During its building he was injured. For many months he was shut up in his room. His gifted wife shared his toils and carried his plans to the workmen. At last the great bridge was completed. Then the invalid architect asked to see it. They put him upon a cot and carried him to the bridge. They placed him where he could see the magnificent structure in all its beauty. There he lay, in his helplessness, intently scanning

the work of his own genius. He speak the great cables, the massive piers, the mighty anchorages which fettered it to the earth. His critical eye ran over every beam, every girder, every chord, every rod. He noted every detail carried out in his specifications. And then as the joy of achievement filled his soul, as he saw and realized that it was finished exactly as he has designed it; in an ecstasy of delight he cried out: 'IT IS JUST LIKE THE PLAN.'

"Some day we will stand in the glory and looking up into his face, cry out: O God, I thank thee that thou didst turn me away from my own willful and perverse way, into thy loving and perfect one. I thank thee that thou didst ever lead me to yield my life to thee. I thank thee that I, day by day, walked the simple pathway of service; that thou didst let me gather up one by one, the golden threads of thy great purpose of my life. I thank thee, as like a tiny trail creeping its way up some great mountain side, that pathway of life has gone on in darkness, and in light, storm and shadow weakness and tears, failures and falterings; and hast, at last brought me to its destined end. And now that I see my finished life, no longer thru a glass darkly but in the face to face splendor of thine own glory, I thank thee, O God, I thank thee that it is just like the plan; IT IS JUST LIKE THE PLAN."

Whether wilt thou go my young friends, other than in the way the great God has marked out for you? Let the desert places of life hold no allurements for you. You are worthy of better things. We pray that the Lord of glory who spoke to the young lady at the fountain so long ago, who when the time came, in the will of God, gave his own blood a ransom for sinners, and himself be-

came the way back to God, may speak to your young hearts, his own words of peace and assurance and lead you in his own good way. Then with him as your very life and your guide you will achieve his purpose both for time and for eternity.

### LET US PRAY

Almighty God, our Father and our Friend, grant that these young people may be so guided by thy Holy Spirit in thy word that their lives may be unselfish and useful in whatever place of endeavor it may be their lot to serve. Grant that they shall not live for this life only; but always with the understanding that the paths of this life take us to an eternal existence. Be thou their Guide through life. Amen.

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# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

## SLENDERIZE SAFELY WITH FRESH MILK

The reducing diet is always a subject of interest among women because one of the attributes of charm is a slender youthful bodily contour. This is not only decreed by fashion but because good health demands it. Starvation diets and other harmful methods in the field of weight control are taboo as health is too often impaired when these practices are followed. The safe way to reduce or gain weight is the "balanced diet" method with proper exercise or rest depending on the requirements of the individual.

The reducing diet like the normal diet must contain all the food elements needed by the body. A quart of fresh milk, fruits and vegetables and eggs—the "protective foods"—should form the foundation of the reducing diet because these foods provide essential vitamins, minerals and proteins necessary to maintain good health.

Fresh milk, because of its abundant food value, has been considered

by many as fattening. Actually, it is a low calorie food, because of its wealth of vitamins and minerals it furnishes more effectively than any other food, the dietary essentials so often lacking in low calorie reducing diets. Fresh milk supplies vitamin A, B, D, and G, lime and phosphorus, and has an excellent protein for building, repairing body tissues.

A quart of fresh bottled milk or buttermilk every day should be included. This may be taken as a beverage or cooked in food. In order to "balance" your reducing diet be sure to use daily

- 1 quart of fresh milk
- 2 fruits (1 citrus or tomato)
- 3 green vegetables, especially the green and yellow variety
- Use at least one raw vegetable daily.
- 1 egg (if possible each day)

In addition to the foods listed above every person should get plenty of sunshine during the summer months and take some source of vitamin D. It is now possible to get vitamin D milk which is a very de-

slender way of getting this important vitamin into the diet. If vitamin D milk is not available, the next best source is cod liver oil.

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