

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

RECIPES FOR A JUNE BRIDE

With June comes many inspirations for entertaining the young bride-to-be and what is more delightful than entertaining with the proverbial bride-gift shower. The gift problem is often a puzzling one. A most acceptable gift for any prospective bride is a recipe file, compiled by her friends and consisting of their favorite dishes.

Preparing meals for two is always a problem, not only in actual food preparation but also in marketing. The quantities of staple groceries to buy, the size of cans and packages, the size of cooking utensils are all problems to be worked out before foresight in meal planning can be accomplished.

Individual taste for foods must be considered too. There seems to be some proof for the saying that men's appetites are different from women's. For instance, men are likely to drink more milk than women drink—which is so much better for the men. Women should drink more milk (as milk is recognized as our most important food for maintaining health and is not a fattening food). But women usually eat more salads than men, which is so much better for the women, especially when the salads are made of raw fruits or vegetables.

All of these problems can be made easier if thought is put into the recipes and suggestions that go into

the recipe file for the young bride. A recipe that will tempt the appetites of the young newly-weds is:

Molded Fish With Shrimp Sauce

1 cup cold left-over fish salmon or whitefish
2 eggs
1 tsp lemon juice
Salt
Pepper
½ tsp grated onion
½ cup cream

Shred the fish and pound with a potato masher or a wooden spoon until smooth. Add one unbeaten egg and pound again until paste-like, then the other egg and the seasoning. Add the cream or milk and stir until smooth. Turn the mixture into a well buttered small casserole. Set casserole into a pan of hot water and bake in moderate oven (350 F.) until knife inserted in the center comes out clean. Baking should not equire longer than 25 minutes. Unmold and serve with shrimp sauce.

Shrimp Sauce

2 tbsp. butter
2 tbsp. flour
½ tsp. salt
Dash pepper
1 cup milk
½ lb. fresh shrimps

Prepare a white sauce of the butter, flour, salt, pepper and milk. Stir constantly while cooking to keep smooth. Add the anchovy sauce if it is at hand and the shrimps. Heat and serve.

and add to it one egg, 1 tsp. salt, 2 tsp. chili powder and enough corn meal or fine bread crumbs to make stiff. Make into balls, roll in flour and drop into a kettle of boiling salt water, or broth boil about 1 hour and serve in deep dish with the gravy over it.

TAMALE PIE

Place in covered baking dish one small finely chopped onion, 2 table-spoons butter or oil and 1½ lbs. rump steak cut in small pieces. Cover and let simmer slowly for one hour in juice of steak. Stir often. Now add 2 cups tomato sauce, 2 tbsp. Chili powder wet with ½ cup water, salt and 1 tbsp. chopped parsley.

Scald 1 cup Corn meal with 1½ cups boiling water, two tbsp. melted lard or butter, salt and make in balls and cover the meat-mixture with them. Bake 30 minutes and serve from baking dish. One cup of ripe olives cut in pieces is a nice addition if liked.

BEEF RELISH

Dice 1 quart cooked beets, add 1 medium sized chopped onion, one chopped green pepper and one red one, 2 tsp. salt, ½ cup grated horseradish, 2 cups vinegar, 3-4 cup sugar. Cook altogether until clear, seal in hot clean jars and store in dark, dry place.

MARASCHINO CHERRIES

8 lbs. cherries (pitted)
8 lbs. sugar

Boil with 2 oz. red fruit color for 30 minutes. Add 1 oz. almond flavor and boil 5 minutes. Then can. Makes 10 pints and will keep unsealed after opening.

(Editor's Note:—The above recipe for Maraschino Cherries was also handed in and endorsed by Mrs. T. A. Marine.

train to wives and sweethearts, the uniformed men swung aboard the cars and the train rolled out of the station, the soldiers gaily waving their hats out of the open window. Just before the scene started a regular train arrived from the East, and a hundred astonished passengers had to be convinced that martial law had not been declared in Los Angeles, nor had there been any uprising of Indians in the Wild West.

Farm Secretary Says Now Time For New Pioneer

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to different leaders, if perhaps you people in the West may not eventually discover the fundamental truths of the new pioneering before the rest of the country; not because you are any less the rugged individuals, but because of the nature of your problems. All of these states are dependent upon irrigation; your state, sooner or later, will have to cooperate in the use of water. You have to limit your vision in point of space and not in point of time. I say that advisedly. You are faced by the problem of your watersheds, by the problem of over-grazing—each due to thoughtless community management. You have both land and water for irrigation, and the very nature of irrigation, and the very nature of the hills surrounding your country compels you to be co-operators in the most fundamental sense of the word.

In handling your products which must be shipped over long distance requiring special cars and complete icing in order that they may be placed more skillfully on a demanding market you find yourselves affected by people demanding more cooperation. Time goes on and as problems increase in all districts you do have to be truly and completely cooperative-minded. You do realize in very truth that you are all members of the same bunch.

Have faith that as you work out your peculiar individual problems in your single valley or single state, what they are to the national problem, and I think the people in this part will produce more effective leadership than is being furnished in other parts of the country, and will eventually a higher percentage

of people who grasp the world-wide problems."

In closing, Mr. Wallace predicted a bright future for this country. "Eventually," he said, "in our efforts to meet our problems we will discover certain things of tremendous significance to our future. It will be necessary to find certain solutions in agriculture for the next two or three years which will serve as a continued definite motive power; whether we will or not, nevertheless, we will be forced to engage in human engineering which I believe will lead the way into a new era. It will be a long time until then, but if we really get started into it, and I am hopeful we are already started, we will pioneer down within the next forty years. We will see inventions made not equaled in the past forty years—not necessarily inventions of automobiles and radios, but the truly significant things which have to do with human relations, changes in the human heart—social human engineering. Your generation and my generation are like the Israelites as they looked over the land of Canaan and saw the fruitful land, but could not take possession. Our children can go in and take possession. They are pioneers of an adjustment which may be as significant as the accomplishments of the pioneers who came into Oregon seventy five years ago."

Queen Mother of Jubilee Is Crowned

(Continued from page one)

foundation upon which our beautiful state of Oregon now rears its head among the sister states of the union, second to none in its aggressiveness along all lines tending to the betterment of Oregon citizenship.

"The few counties which 75 years ago comprised the new state were at the cornerstone of that foundation. And Jackson with its beautiful scenery of mountains and lakes, rivers and valleys, was one of great importance in that event, inasmuch as a number of early pioneers made this their home for their years on earth.

"And to them, if any are alive, and to their descendants and to the good people of Medford I wish to express my sincere thanks and appreciation for the honor you have done me this evening.

"The staging of this coronation in the open arena, under the stars of heaven, accentuated by the beautiful electric lighting, what mind could conceive of anything more fitting. Again I say I appreciate it all and hope to enjoy my reign among you."

Following the queen's address a series of folk dances, under the direction of Eve Benson, local dancing instructor, was given by groups of children. These consisted of a Minuet, Fairy dances, Sword dances Irish jig and many others. The brilliant costumes and well trained dancers formed a wonderful picture.

Professor Vining in his coronation address, spoke of the romance of the early settlement of Oregon. He said "Oregon was won, not by sword, not by bugle call, not by the Argonaut coming for treasure, nor the mercer for furs, but was won by the home builder, father and mother."

Reciting Juquin Miller's poem, "Mothers of Men," the eloquent speaker told Queen Anne "We open Oregon's book of cherished memories and place it before your throne. I can see the Mother Madonna of Creation, writing in letters of living gold, 'Mother.' I dedicate your reign to the motherhood—pioneer motherhood of our beloved Oregon."

With the closing of the presentation, Mr. Jerome thanked Mrs. Benson, the dancers, Miss Baldwin and Mrs. Steven A. Nye for their direction of the chorus, the children of the chorus, mothers and fathers of the participants, women who made the many costumes, and Professor Vining.

In contrast to her entry in the stage coach, Queen Anne was escorted to a late model automobile, where she was presented a huge bouquet a gift from the Medford Flower shop, before departing. The procession, led by a state police escort, included a number of new automobiles, in which the ladies in waiting rode.

Favorite Recipes

Tried and tested by local Central Point ladies. If you have a favorite recipe bring or send it to The American. Later we will publish all these recipes in book form.

This week's recipes furnished by a person who did not wish her name used.

CRANBERRY RELISH

Use equal parts cranberries and apples. Run through food chopper. Add half the amount of sugar and just before serving add chopped walnuts.

If you wish to mold this relish use jello.

MUSTARD PICKLES

1 large pailfull green tomatoes
3 heads cauliflower
2 quarts small white onions or an equal amount large ones cut in chunks.
1 qt. vinegar
1 tbsp. white mustard seed
1 tsp. tumeric
2 cups brown sugar
1 scant cup ground mustard
1 cup flour

ALBONDIGAS

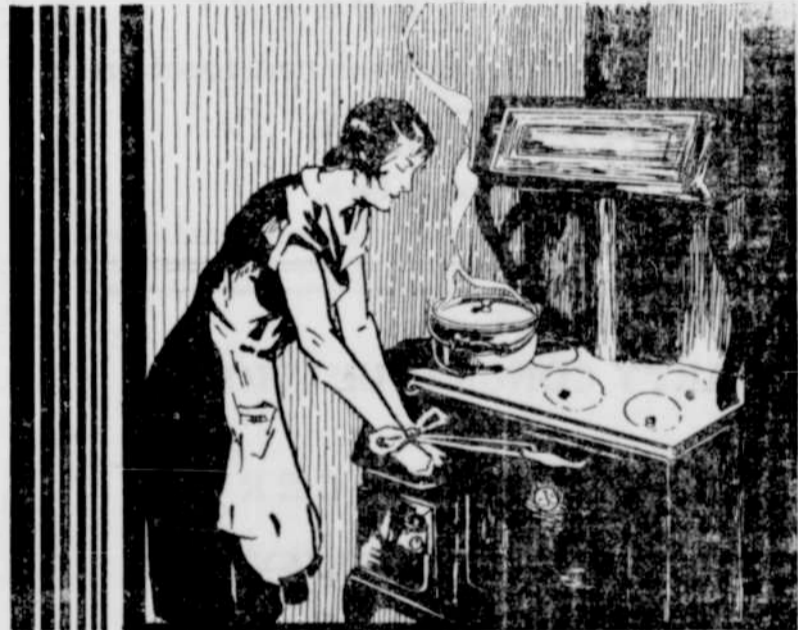
One pound lean beef chopped fine

1 cup salt
Separate the cauliflower and cut in chunks; slice the tomatoes and chop lightly. Mix vegetables and salt and let stand over night. In the morning drain and put to cook in nearly enough water to cover. Mix the flour and mustard in water and when the other ingredients are done stir thoroughly. Cook until done and can in the usual manner.

Motion Picture Stars War Scare

A hundred trans-continental travelers had the shock of their lives in Los Angeles one day last summer.

John M. Stahl was working at the Sante Fe station on scenes for "Only Yesterday," the Universal love drama playing Sunday at the Roxy theatre, several hundred soldiers were appearing in a sequence which depicted their departure for service in the World War. Bidding affectionate goodbyes beside the troop



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