

## HI-WAYS TO HEALTH

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OREGON DAIRY COUNCIL

### HOT-CROSS BUNS LEND VARIETY

Hot-cross buns are with us again and are to be seen in bakeries as well as in most restaurants. These sweet rolls are a change from the ordinary type of bread or roll and are favorites, not only with children, but grown-ups too. Hot-cross buns, like other bakery goods, depend upon the distinctive flavor of butter along with the sugar and spice, of course, to make them appetizing.

Any dish prepared with butter is tastier because of it. The distinctive and appetizing flavor of butter has long been recognized and now we know too, that butter is of high nutritive value. Beside being easily digested, butter is the only food fat containing appreciable amounts of the vitamins. Butter is an excellent source of Vitamin A which is essential to growth and builds resistance to disease, and of Vitamin D, the so-called sunshine vitamin. It is logical then to use butter not only for its flavor, but for the health promoting vitamins in it.

Here is a recipe for hot-cross buns, and for those who prefer a quick bread, not so sweet, a recipe for corn meal muffins:

#### HOT-CROSS BUNS

- 1 cake dry yeast soaked in  $\frac{1}{2}$  cup lukewarm water
- 1 pint milk scalded and cooled
- 2-3 cup butter
- 1 level tsp. salt
- 8 cups or more flour
- $\frac{1}{2}$  cups chopped nuts, raisins or currants
- 2 eggs
- 2-3 cup sugar
- Rind and juice  $\frac{1}{2}$  lemon
- $\frac{1}{2}$  level tsp ground nutmeg or cardamom

In the evening, break and soften yeast in lukewarm water. Scald milk and cool. Cream together but-

ter, salt and sugar. Add beaten eggs, lemon, spice, lukewarm milk and yeast. Work in flour enough to make smooth dough. Knead well, adding nuts and raisins or currants, but keep somewhat softer than for bread. Cover well and let rise. When light turn dough onto lightly flour board. Divide into piece size of an egg. Shape into smooth balls. When half risen in pans cut two gashes at right angles across tops of buns. Let rise until double. Bake about 20 minutes in moderately hot oven. While still warm fill gashes with white frosting. Serve hot with butter.

#### CORN MEAL MUFFINS

- $\frac{1}{4}$  cups flour
  - $\frac{1}{4}$  cups cornmeal
  - $\frac{1}{2}$  cup sugar
  - $\frac{1}{2}$  tsp salt
  - 2 tsp baking powder
  - $\frac{1}{2}$  cups milk
  - 2 eggs
  - 2 tsp butter
  - $\frac{1}{2}$  cup chopped dates
- Mix dry ingredients. Beat eggs and add to milk. Combine the dry and liquid ingredients. Add melted butter and dates. Put in well greased muffin tins and bake in hot oven (425 degree F.) This may be baked in sheets as corn bread. Make 12 muffins.

### Interesting Topics Planned for Meet League Ore. Cities

Topics that will range from city planning to city budgets, civil service, fire dispatch systems and many other phases of government, all of interest to city officials, will be on the program for the tenth annual session of the League of Oregon Cities, to which officials of Central Point have been invited, it was announced here today. The session which will be part of the annual Commonwealth conference, will be held at the University of Oregon March 25, and 26.

Governor Martin, E. S. Draper, director of land planning for the Tennessee Valley Authority; Earl Snell, secretary of state for Oregon; C. W. Ham, director of the field service for the American Municipal Association; Marshall N. Dana, district chairman of the National Resources Board, and other nationally known authorities will speak to the city officials.

Officials of this city who have been invited to attend include: Mayor W. C. Leever, Recorder Guy Tex, Treasurer Rose Hermanson, and Councilman Floyd Ross, I. D. Lewis, Ellis M. Clark, Fred Hesselgrave, A. Chomel and A. O. Myers.

The convention will open Monday, March 25, with "A Program of Cooperation in Liquor Law Enforcement," as the topic. O. R. Bean, Portland, president of the League of Oregon Cities will preside. At the noon luncheon that day Governor Martin will talk on "The Future of Oregon." Following this session Mr. Draper will speak on "The Tennessee Valley Authority, a National Undertaking." The rest of the afternoon will be taken up with legislation affecting municipalities.

The 10th anniversary banquet will be held Monday evening, when Mr. Ham will talk on "New Relationships with the Federal Government." Everyday problems of city government, with a number of Oregon men on the program, will be discussed Tuesday morning. Following the early meeting, Mr. Snell will talk on "The Value of Uniform Budgeting and Accounting Procedure." State and community planning will be discussed at the Tuesday luncheon meeting by Gordon Whithall, coor-

dinators of the Los Angeles County Simplification Commission, a nationally known authority on this subject. The annual business meeting will be held in the afternoon, and following this R. S. Bryson, field representative of the League of Oregon Cities, will talk on "The Demolition of Unsafe Buildings."

The latter part of the Tuesday afternoon session will be devoted to a round table, to which any civic problem may be brought. Mr. Draper will deliver the address at the banquet Tuesday evening, speaking on "Regional Planning; for the Development of Land and Water Resources."

City officials of Oregon who will have places on the program include Frank P. Farrell, city attorney of Medford; Frank S. Grant, city attorney of Portland; J. W. McInturff, city attorney of Marshfield; Cris Kowitz, city attorney for Salem; Senator James H. Chirnoch, formerly city attorney, Grants Pass; Robert M. Duncan, city attorney for Burns; T. W. Munyan, mayor of Lebanon; J. F. Hosch, formerly mayor of Bend; E. L. Surfus, fire chief, Oregon City; Donald E. Long, municipal judge, Portland; W. C. Clubb, city engineer, Eugene; H. G. Bond, city recorder, Forest Grove; V. E. Kuhn, Mayor of Salem; Paul Patterson, city attorney of Hillsboro; Fred Scheffel, city superintendent, Medford; J. W. Butler, city recorder, Marshfield; Charles Burnett, city recorder, Pendleton; J. V. Breese, city recorder, Cottage Grove; H. L. Howe, city recorder, Hood River.

Officials of this city will also have the opportunity of attending sessions of the planning council, recreation council, and other groups which will bring more than 500 people of the state to Eugene during the two days.

### Cost of Production Is Aim of Melon Tomato Growers

To prevent overproduction of melons and tomatoes, and in an attempt to get cost of production, growers of those two commodities have voted to voluntary control acreage during 1935, according to Morton Tompkins of Dayton, Oregon, chairman of the Joint Control Board of the Oregon-Washington Melon and Tomato Marketing Agreement. This plan of acreage control was voted at a series of meetings held in growing communities during the past several months.

"Those who exceed their quota will be penalized by a heavy tax which will not be returned to them; those who have not exceeded their quota, will get a refund almost immediately. Here's how it works: Each crate of cantaloupes will be taxed 25c, but 18c will be returned to the grower who is within his allotment. To the grower who has planted more than his quota there will be a penalty of 18c because he

will get no money back. On each crate of tomatoes the tax will be 10c with a refund of .07c. Each ton of water melons sold will have a tax of \$5.00 with a \$3.00 refund. Money which is collected as penalties will go into a surplus stabilizing fund. All other money collected through taxes will go to pay costs of enforcing the agreement", Mr. Tompkins said. "New growers will be allowed to plant one-half an acre each of cantaloupes, watermelons and tomatoes, without being penalized by the agreement. Such steps are necessary to prevent a huge increase in acreage this coming season because of a fair price for melons and tomatoes during 1934."

Local committees have been appointed in each producing section to assist growers in determining quotas. Those appointed for this section are: Bob Fields, Central Point, Ted Fish, Phoenix, Geo. F. Putman, Eagle Point.

These men will meet March 25 at the office of the county agent in Medford for the purpose of receiving applications for quota allotments. They will make recommendations which will be forwarded to the Joint Control Board of the Marketing Agreement for final approval. This is the first time in the history of the two states that growers have attempted to get cost of production for their crop by means of acreage control. The enforcement of the Marketing Agreement on Melons and Tomatoes will be much easier under the new Agricultural Adjustment Acts, recently passed by the legislatures of Oregon and Washington, Mr Tompkins said.

### Green Peach Aphids Now At Work

Green peach aphids are now working on peach buds and it is the re-

commendation of L. G. Gentner, Entomologist of the So. Oregon Experiment Station and L. P. Wilcox, County Agent that control measures for this insect be applied within the next few days.

Infestations of this aphid are wide spread throughout the county and therefore all peach growers are advised to apply sprays as recommended, if crops are desired. Use nicotine sulfate (black leaf 40) at the rate of one pint to the one hundred gallons of water, plus one pound of commercial spreader. Increased effectiveness of the nicotine is caused by the spreader and is well worth the additional cost.

Green peach aphids hatch quite early and feed on fruit buds until the bloom opens, at which time they work their way to the inside base of the petals and feed upon the young fruits. The bloom then wilts and falls off without setting fruit. Many crop failures have been due to this insect. Spraying should be done before any flower buds open completely, if good control is to be obtained.

### Fruitgrowers Warned To Watch Heaters

Fruitgrowers using orchard heating equipment for the protection of their crops should at this time consider the condition of their orchard thermometers and frost alarms and have the same tested for accuracy, states County Agent, L. P. Wilcox.

An unreliable thermometer or alarm may be the cause of wasteful burning of smudge oil or a frost damaged crop of fruit. Take no chances on being misinformed by these instruments, but have them tested and the inaccuracies recorded.

Testing of thermometers and alarms is a free service offered to all interested parties by the County Agent's office in cooperation with

the U. S. Fruit Frost Service. Testing should be done each season as thermometers will vary in their readings from year to year.

Growers are therefore asked to check over their equipment, discard the broken instruments and to bring the others in for testing. Do this at once in order that this part of the frost service work may be completed before the danger period arrives.

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