

HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

STRAWBERRIES AGAIN

Strawberries are ripe and that is thrilling news to most everyone. Visions of luscious ripe berries served with plenty of cream or a short cake piled high with juicy berries and topped with whipped cream have lingered in the minds of most of us and now that the season for them is here, this can be more than a memory.

Since the season for strawberries is never long enough we are justified in serving them often—every day in fact—and enjoy them with all their garden freshness. Although the nutrition value of strawberries, which is chiefly in the juice, is not high, their delicious and refreshing flavor more than makes up for their lack of food elements. The sugar and cream added to them, of course, makes up for some of this deficiency in essential elements.

Fresh strawberry Ice Cream or fresh strawberries crushed over ice cream to make a delicious sundae, strawberries in salads or fruit cocktails, are only a few ways to use them. What could be more tempting to a child or grownup too for that matter, than a cool fresh strawberry milk shake with its lovely pink color. These can be made at home and will be a change from the regular glass of milk served with the child's meal.

If you have an abundance of berries, 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 chopped ice. Yield: 4 servings.

STRAWBERRY ICE CREAM PIE

Plain pastry shell
1 qt. vanilla ice cream
3 egg whites
2 tbsp granulated sugar
1 box fresh strawberries
1/2 cup sugar

Beat the egg whites until quite stiff and add the 1/2 cup sugar gradually while continuing to beat until stiff but not dry. Line bottom of pie shell with sweetened strawberries. Cover with ice cream, then completely cover the entire surface of the ice cream with the meringue. Bake in a very hot oven of 500 deg. for 2 or 3 minutes. This may be kept in a refrigerator for 20 to 30 minutes before serving.

STRAWBERRY TARTS

4 egg yolks
1/2 cup granulated sugar
Whipped cream
1 1/2 cups scalded milk

1/2 tsp. vanilla
Baked tart shells
1 qt. strawberries well ripened
Beat egg yolks slightly. Add sugar and scalded milk. Turn into the top of double boiler and cook over hot water, stirring constantly until the custard coats the spoon. Immediately remove from fire; cool and add the flavoring. Just before serving time turn custard into tart shells to depth of about 1/2 inch. Over this pile strawberries, cut in halves and sweetened. Top with whipped cream.

Beagle

Friday May 10th is Community Play Day at Sam's Valley for the school children of the Valley. The Harmonica Band of Beagle will play, the May Queen will be crowned, the Seniors of Sam's Valley will give their play again free of charge, there will be a baseball game and other amusements. Everybody fix up a basket lunch and go and renew your youth with your youngsters.

Mr. Brown of the Anna Reed place has taken over the management of the Beagle dance hall. I understand that he had a nice crowd last Saturday night and that everyone had a good time.

Mr. and Mrs. C. C. Sanderson and boys attended the entertainment and dance at Derby Saturday night. The Edler's enjoyed a family wener roast and marshmallow toast around a bonfire at their home Sat-

urday evening. The Antioch Community Sunday School decided to accept Elaine Rush's invitation to attend the baccalaureate services at Sam's Valley high school Sunday evening at 9 o'clock.

Mrs. Tom Purdue of the Eagle Point district called at the Harvey Hines home Thursday.

Mrs. Marion Bennett and three children moved to Powers, Oregon, where Mr Bennett is employed. Mr Charles Moon made a trip to Powers this last week.

Mr. Dell Morrison of Central Point was up in this section of the country Sunday looking for cattle.

COMMUNICATED

JUST A SUGGESTION
I would like to make this sugges-

tion to the Jackson County Humane Society that since they lost their dog license suit and their horse killing suit that they wouldn't encourage some poor "ignoramus" to take a job that would get himself or some good citizen into trouble for he might shoot the wrong dog. I think Jackson County has had enough expenses over murder cases already and that sure will cause blood to be shed.

A TAXPAYER of Jackson County (Name on File)

THANKS

I wish to thank all my friends who so kindly assisted me in securing a fishing license recently.

COURT SNIDER

The John Macy home was destroyed by fire this week.

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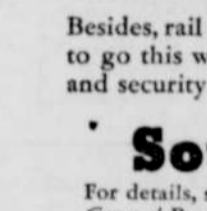


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