

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

NEW WAYS TO USE SOUR CREAM

Sour cream is considered a real find in most households. Many delicious dishes can be prepared with it. In fact, some of the most popular foreign dishes are popular because of sour cream used in their preparation. This is especially true of Russian cookery and many of their dishes made with sour cream are accepted favorites over the world.

But you no longer have to wait for cream to sour. It is now produced in the modern dairy and is made from rich cream, carefully ripened with a pure culture under controlled conditions. This insures a uniform product with its delicate characteristic flavor. More and more housewives are purchasing this sour cream because satisfactory results with it are assured.

Some unusual and delicious recipes using sour cream are:

Stuffed Tomatoes
4 good-sized tomatoes
2 tbsp green pepper, diced
1/2 cup bread crumbs, buttered
6 tbsp sour cream
1/2 cup cooked veal
1 1/2 tsp salt
1/2 cup cooked rice
4 large mushrooms
Dash of pepper
Scoop out about half the pulp from inside tomatoes. Chop up the scooped-out pulp and combine with all ingredients except buttered crumbs. Neatly stuff mixture into tomatoes and cover with crumbs. Place in buttered baking dish with a little water and melted butter, and bake at 375 degrees F for about 30

minutes. Baste occasionally with liquid that accumulates in the bottom of the pan. 4 servings.

Sour Cream Cottage Cheese Pancakes
2 eggs
1-3 cup cottage cheese
1/2 tsp baking soda
3-4 tsp salt
3-4 cup sour cream
1/2 cup flour if cream is thick or 3-4 cup if cream is thin

Beat eggs, add cheese, blend well. Sift flour, measure, resift with baking soda and salt. Blend sour cream and egg-cheese mixture; add flour mixture and beat thoroughly. Allow batter to stand about 10 minutes before baking. Dip out about 1-4 cup batter for each cake; saute in butter on moderately hot griddle. Serve hot with butter and syrup, or sprinkling of sugar. Yield: 10 to 12 cakes. (A typical Russian use of these pancakes is to serve them for luncheon with smoked fish).

Baked Veal or Rabbit
1 1/2 pounds veal shoulder cut in 2-inch cubes or 1 rabbit
1-3 cup cottage cheese
1 1/2 tsp salt
2 tsp butter
1 cup sour cream
1/2 cup water
Roll veal or rabbit in flour mixed with salt and pepper. Heat butter in skillet, add veal or rabbit and brown nicely. Add water and bake at 325 degrees F, first covered for 1/2 hour than uncovered for 1/2 hour. Add the sour cream and bake 15 minutes longer at 250 deg. F. Yield: 4 to 5 servings.

Questions Answered By County Expert on Canning Problems

How long should I process salmon in a pressure cooker? Can I recock jars that have only been processed 30 minutes and are showing signs of spoilage?

How much sugar is used in making loganberry jelly?

How much liquid is added for processing in the jars?

These and numerous other inquiries that are being received daily by Mrs. Mabel C. Mack, county home demonstration agent on canning, preserving and pickling, indicate that the homemakers of Jackson county are busily engaged in preserving surplus fruits and vegetables for the family food supply.

If it is necessary to purchase fruits and vegetables for canning, the homemaker should plan a budget for the family food supply for one year, to insure a larger variety of foods preserved, and an economic saving. A leaflet on the "Suggested Plan for Family Vegetable Supply & Budget for Preservation" may be secured from the home demonstration agent, county courthouse. Ask for HE 721.

In canning the fruits and vegetables successfully with a minimum amount of spoilage, one must consider several important factors, Mrs. Mack stated.

First, the product should be fresh. Two hours from the garden to the can is a good rule to follow. Second, cleanliness. Canning success depends to a considerable degree upon clean food, clean equipment, clean methods and personal cleanliness.

Third, thorough sterilization of the product by the application of heat or processing. Fruits may be processed by hot water bath or oven, or open kettle methods. Vegetables and meats and fish should be processed in a steam pressure cooker, if possible. Thorough heat penetration is necessary in processing. To aid in this all vegetables should be packed boiling hot. The time for processing varies for different foods. For example, peas are processed 45 minutes at 10 pounds pressure while

string beans require only 30 minutes at 10 pounds pressure. Salmon is processed 120 minutes at 10 pounds pressure, and chicken is processed only 65 minutes at 15 pounds pressure.

Directions and time tables for canning fruits, vegetables, meat and fish (HE 741) may also be secured from the home demonstration agent.

Economic Highlights

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

In the eyes of industry, the federal deficit looms large. Business men, in company with investors, property owners and other taxpayers, have watched the government charge present activities against future income—and are wondering how long it will be before the paying-off process

is reflected in exorbitant, perhaps confiscatory taxes.

In the eyes of the politicians, the deficit also occupies a large part of the landscape. During the political war that will be fought next year, the deficit will be an outstanding issue. Republicans will claim that the Roosevelt Administration is imperiling the country's credit, is running us into bankruptcy at express train speed. Administration spokesmen will pooh-pooh that, and answer that vast expenditures were essential to fighting depression, and that the country's credit is easily able to stand the bill.

Irrespective of which side is right, federal finance presents a depressing picture, and has done so ever since 1930, when the last surplus was recorded on the Treasury's ledgers. That year's surplus amounted to \$738,000,000, and in the ten preceding years the government's receipts had exceeded expenses by the handsome sum of \$10,000,000,000.

In 1931, the red ink period began, when the federal government spent \$463,000,000 more than it received. Then, in 1932, the era of really large deficits set in, with a total of \$2,741,000,000. For the next two years the deficits were \$2,607,000,000 and \$3,606,000,000 respectively. And for the fiscal year which ended on June 30, 1935, it is estimated that the deficit came to \$3,065,000,000.

It is a notable fact, according to the U. S. News, that the 1931 and 1932 deficits were not due to greatly enlarged spending, but a falling off in revenue. Since then, taxes have been raised and revenues increased, but spending has gained at a much faster rate. For example, direct and indirect taxes for unemployed accounted for the spending of \$3,000,000,000 in the 1935 fiscal period alone.

At the start of 1934, the President said he expected that federal outgo would balance income beginning with July 1, 1935. Now, in the President's latest budget message, he forecast that the 1936 deficit would be \$3,892,000,000—the largest in our history. Reason for that about-face, says Mr. Roosevelt, is the unlooked-for persistence of depression, coupled with the fact that only the Federal government seems capable of providing relief for the needy. Some business men answer that by saying that one major cause of this persistence has been the vast increase in governmental expenditures and legislative interference with business—that we are pursuing a vicious circle which can end only in national insolvency. This view is, of course, held to be false by Administration economists.

At any rate, more money is being spent than is being collected. It is forecast that next year the American people will be deluged with more and bigger figures than they ever heard before, during the conduct of the national election. The people will be confused by so-called

experts contradicting each other. The solution to the deficit problem will not be solved by political speeches from either side. But until it is solved, American business will remain unconvinced that natural, sound recovery can be achieved.

Business is holding steadily to a level that is somewhat below that of a year ago. Fall buying is down, due principally to the hope of large purchasers that prices are about to break now that the codes are out. July may witness a rise in the general business index that will bring it us with last year, according to some experts.

Power production has not gone into its usual seasonal decline. This unlooked-for strength has resulted not from increased domestic usage, but from large commercial users.

Commercial private construction is also at a relatively high level, and is far ahead of last year.

During May, Business Week says, machine-tool business hit a five-year high. The motor industry is fair, and prices are reasonably firm.

Export business is well above last year, which, in turn, registered a large advance over 1933, when foreign trade was almost at a standstill.

The farm outlook is changing, and

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BACK IN THE 80'S—food was kept cool in the cellar

Yes, life in the 80's meant countless trips up and down the cellar steps to keep the food from spoiling. How different is the modern home with its automatic refrigerator silently manufacturing a constant supply of ice cubes—eliminating food wastage—actually paying for itself in food savings... the automatic refrigerator costs but five to eight cents a day to operate! See the latest models.

The California Oregon Power Company

It's the Truth!

ANSWER TO LAST WEEK'S PICTURE

The Declaration of Independence was not signed until July 19, 1776

Medford Domestic Laundry

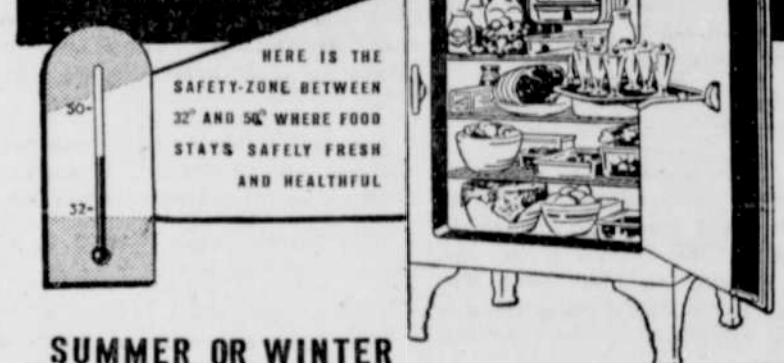
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