

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

SUMMER DESSERTS

Peaches and cream! And how we have been waiting for them. Peaches are in the market now and there is no better way to serve them than sliced fresh with good cream over them. Apricots, too, are delicious in this way and with berries still on the market, there is little reason for much concern over the question of what to serve for dessert.

But if you want the dessert to have a more important place in the menu there are simple desserts with custard foundations. Made with milk and eggs and combined with colorful fruit, custards can be transformed into a variety of appetizing combinations and filled with food value.

With a generous supply of milk in the refrigerator, homemakers have the basis for innumerable tasty desserts, as well as the most important food essential for well-balanced meals. Custards, puddings, cakes, cookies, many of the fillings for pies as well as ice cream, demand milk for a perfect product.

The homemaker seeking suitable desserts for summer days has to prepare food that will appeal to the appetites that have been wearied by the heat. Desserts should be simple and not those necessitating a long time spent over a hot stove. Then, too, choose those that can be made in the morning, chilled in the ice box and then are ready for lunch or dinner.

Here are some recipes that are delicious combined with fresh fruit:

Baked Custard with Fresh Peaches
4 cups scalded milk
1 tsp. vanilla
4 eggs or 6 egg yolks
1-4 tsp. nutmeg
1/2 cup sugar
1-4 tsp. salt

To eggs which have been blended with a fork, add sugar and salt. Stir constantly while adding slowly the hot milk, then the vanilla. Pour mixture into buttered custard cups or baking dish. Sprinkle with nutmeg. Set in a pan of hot water and bake in a slow oven 30 to 40 minutes. This recipe serves eight. After custards have been cooked and thoroughly cooled, turn out into sherbet dishes and arrange slices of peaches

around them. These may be served with or without whipped cream.

Fruit Tapioca Cream
2 cups milk
2 tsp. minute tapioca
1 egg
1-8 tsp. salt
1/2 cup chopped fruit
1 cup sugar
2 tsp. lemon juice
Scald milk, add tapioca, and cook until tapioca is transparent; add slightly beaten yolk of egg, sugar and salt, and cook until thick. Add lemon juice. Beat egg white until stiff. Fold into hot mixture. Add chopped fresh fruit. Chill thoroughly.

limit for obtaining Commissioner loans is also moved up to February 1, 1940, and the funds available for this purpose have been increased.

"This means that a practical way is now open, either through a straight Commissioner loan or in conjunction with a regular Land bank loan, to assist many individuals who heretofore were not eligible, though it must be borne in mind that this loan service must rest upon a sound appraisal basis and ability to repay, taking into account the farm's producing ability and a normal level of prices.

"Regular Land bank loans which are closed through and indorsed by our local cooperative association, are now being written on a 4 per cent interest basis for the full life of the loan—the lowest in agricultural history. While this newly reduced rate applies only to new loans made after June 24, all Land bank borrowers, both old and new, are sharing in a temporary interest reduction. For one year, beginning July 1, 1935, our association member-borrower will pay only 3 1/2 per cent, and 4 per cent for the following two years until July 1, 1938, when interest returns to the original contract rate. Direct borrowers, or those who have obtained their loans without becoming members of a local Farm Loan Association, pay one-half of one per cent higher rate, or 4 per cent between July 1, 1935 and July 1, 1936, and 4 1/2 per cent until July 1938, under terms of the temporary reduction. Commissioner loans are not affected by this temporary reduction of interest and continue to bear 5 per cent interest.

"We will be glad to give full information to anyone interested in financing the purchase of a farm under these liberal provisions, or to any farmer who desires to refinance

High interest bearing mortgage with a low interest Land bank loan. Our association is operated for constructive service to farmers of this territory, and not for profit-making. Land bank loans are made on a cooperative basis at low actual cost, amortized over a long term of years to help the borrower get out of debt."

Program Planning Meetings to be Held

Program Planning meetings will be held with three Home Extension Units this week. Mrs. Mabel C. Mack, county home demonstration agent announced today. The program will include the installation of officers for the coming year, the discussion of the county extension program as prepared from recommendations made at county homemakers day and the planning of the local unit calendar for 1935-1936. The program will be followed by an hour of recreation.

All homemakers of the community are urged to attend these meetings which are scheduled as follows:

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Wednesday, July 24, 8:00 P.M., Eagle Point Extension Unit, at the home of Mrs. Rita Myers, 307 N. Peach St., Medford.
Thursday, July 25, 8:00 P.M., Sams Valley Extension Unit, at the schoolhouse.
Friday, July 26, 8:00 P.M., Central Point Extension Unit, at the home of Mrs. Tom Pankey.

Lawrence's New Store Very Attractive

Have you called at Lawrence's since they moved into their new

store on the corner of Main and Central in the Jackson County Bank Building? If not—stop in and visit the most attractive and up-to-date jewelry and silverware display in southern Oregon.
The Lawrence's are planning their formal opening about September 1st.

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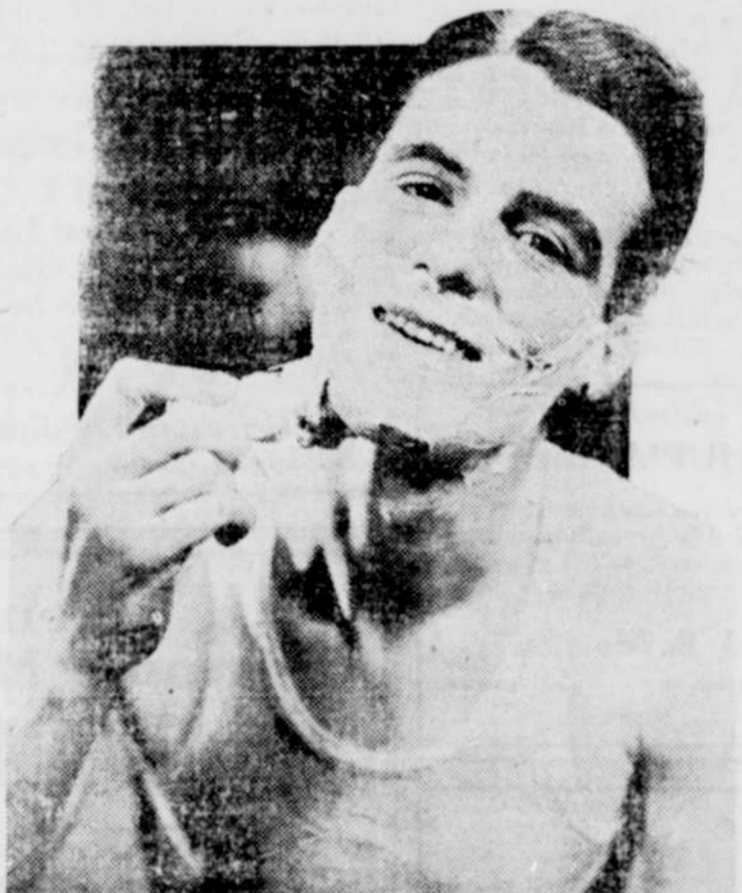
Young farmers and tenant farmers now have the best opportunity in history to finance the purchase of a farm of their own, says Warren Patterson, secretary-treasurer of the Central Point National Farm Loan association of Central Point, Oregon.

"The farm credit act of 1933, recently signed by the President, opens the way for more effective loan service in several important respects," Mr. Patterson explains.

"Commissioner loans, made on either first or second mortgage security not exceeding 75 per cent of the appraised normal value of the property (within the limit of \$75,000) are now authorized for financing the purchase of a farm as well as to refinance old indebtedness. Furthermore, when secured wholly by real estate, Commissioner loans, which are made out of a special fund administered by the Land bank, may be amortized over a long period of years corresponding to the terms of a regular Land bank loan, except that the interest remains at 5 per cent.

"With certain practical reservations, corporations engaged in live stock raising are also made eligible for a Commissioner loan. The time

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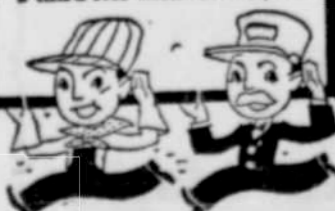


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