

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

### EASY TO SERVE MEAL

For warm weather evenings the porch or the yard is the ideal spot for supper. Too few of us take advantage of the possibilities that can be found in our own homes. A meal served in this way can be as festive as a picnic and the grown-ups as well as the children will be delighted. As a method of entertaining, it could not be surpassed.

To serve out-of-doors the first prerequisite is that the meal be one that is easily served. The buffet type of service everyone takes his own plate and helps himself relieves the hostess of many responsibilities.

The homemaker who delights in the beauty of her table will be thrilled with the possibility offered by the "Smorgasbord". "Smorgasbord" means "Bread and butter table". It was sung in the earliest sagas of Swedish feasting. Like the French hors d'oeuvres and the Italian antipasto, it is a table in itself, and is half or more of the dinner. Because of the number and wide scope of its dishes, the "Smorgasbord" is often served as a meal in itself.

This offers a delightfully different way to entertain and the "Smorgasbord" combined with a single frozen dessert and a beverage would make a complete and well-rounded meal. The following dishes, served with an assortment of cheese sliced cucumbers and open-faced sandwiches, would make a small "Smorgasbord" for an out-of-doors party:

#### NOODLE LOAF

- 1 cup broken egg noodles
- 1 1/2 cups milk
- 1/2 lb. American cheese
- 1 pimiento, chopped
- 1/4 cup butter
- 1 cup soft bread crumbs
- 3 eggs
- 1 tbsp chopped parsley
- 1 tsp chopped salt
- Salt, pepper, paprika

Cook the noodles in boiling salted water until tender; and drain. Heat

the milk in double boiler; add bread crumbs, butter, pimiento, parsley, onion, seasonings and beaten eggs. Add noodles and mix carefully. Pour into a wellbuttered pan and bake in a moderate oven, 350 degrees, until firm. Turn out on platter and garnish with parsley.

#### CHICKEN IN ASPIC

- 1 plump Chicken
- Water
- Salt
- 1 carrot
- 1 Bay Leaf
- Aspic Jelly:
- 3 1/2 cups chicken stock
- 1 oz. gelatin
- White of 1 egg
- 1 small can green peas

Boil the chicken with seasonings. Allow to cool in broth. The jelly should be made as a clear aspic. Arrange chicken in the aspic, using one large mould. Small piles of peas should be placed between the slices of meat. To be served together with vegetables, in mayonnaise or with cream dressing. Pork or veal may be used in the same manner.

#### FLORANTINE EGGS

- 2 cups cooked spinach
- 1/2 cup grated cheese
- 4 eggs
- 1/2 cup thin cream sauce

Put thin layer of spinach in bottom of buttered baking dish. Sprinkle with grated cheese. Put eggs on top of spinach, cover with thin cream sauce and bake in brisk oven until cheese is melted and eggs are set.

Marjorie Jones and Roger Yost Chester Footcraft of Jacksonville and Mary Pisk of Medford spent Sunday at the Oregon Caves.

Mr. and Mrs. F. L. Pickett of Medford, called at the C. M. Merritt home Monday evening.

Mrs. Vincent and Bobbie who have been visiting her Grandparents at Bandon, Oregon for the last two weeks will return home Sunday.

W. J. Freeman spent the weekend at Union Creek, where Mrs. Freeman and Mrs. Owen are spending the summer. Shirely and Robert Kincaid who had been with Mrs. Freeman for sometime accompanied Mr. Freeman home.

A number of the Central Point boys and girls are attending the Red Cross swimming class in Medford. It is really worthwhile to drop in and see these youngsters frolicking in the water. In the morning the little tiny tots go in. It is really hard to tell which group has the most fun. It is a fine thing for our boys and girls to know how to swim. Most of the boys will learn but how much better for them to learn under a good supervisor and with no danger attached.

Mrs. Jenkins, Mrs. Walker and little Harriet Powell of Medford were dinner guests at the Clem Finley home Sunday.

Mr. Alvin Hamilton, accompanied by his sister, Libby Jane, and friends Erma Richardson, Margaret Dow, Barbara Kohler and Dorothy Powell, carrying boxes and boxes of eats suit cases and suit cases, and rolls of bedding to be packed in one small roadster, left Sunday morning for a week's stay at Lake of the Woods. From the amount of baggage the girls took their parents wonder if they didn't plan to spend the summer. Mr. Hamilton returned home Sunday evening and the girls expect to return next Sunday. They are staying at Bert Peck's cabin.

Mr. and Mrs. Tom Rainey of Trail visited their daughter, Mrs. Frank Miller, Monday.

Mr. and Mrs. David Reid of Merrill visited at the Gebhard home over the weekend.

Mr. and Mrs. Sammy Culbertson of Oakland arrived last week for a visit with Mrs. Culbertson's parents, Mr. and Mrs. Jim Watkins. They plan to visit Crater Lake sometime before returning home.

Mr. and Mrs. Smiley, Donnie and parents, Mr. and Mrs. Theodore Delores of Keno visited Mrs. Smiley's Glass. They celebrated three birthday days, Mrs. Smiley bringing three angel food cakes with her.

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## Western Thrift CUT RATE

### Frederick A. Smith Passes in Portland

Frederick A. Smith passed away at the Veterans hospital in Portland Oregon July 25.

He was born at Sandusky, Ohio December 12, 1898, the son of Fred M. and Anna Smith. He had made his home in Jackson county since 1905.

For seven years he lived in Ashland where he was a member of the Ashland post of the American Legion. The past year he spent in John Day and at Portland.

Beside his mother, Mrs. Anna Smith, he leaves three brothers, Clifton F. Smith, Roland A. Smith of Medford and Hubert A. Smith of Eagle Point, besides numerous friends in Ashland and Medford. His father passed away in 1934.

Funeral services were held at Conger's Funeral Parlor in Medford at 3 o'clock Sunday afternoon and interment was in the I. O. O. F. cemetery at Medford with Rev. Knox of that city officiating.

### LOCALS

E. F. Merritt, Postmaster of Merrill, Oregon, spent Saturday night and Sunday at the home of his parents, Mr. and Mrs. C. M. Merritt, on the way home from Coquille, Oregon where he had attended the Postmaster convention. Mr. Goetty, Postmaster of Sprague River, Oregon accompanied him. Also John Merritt of Central Point.

Ed Vincent is painting his house.

Mrs. Farra spent Friday in Medford.

Marjory Jones is working in the Marine Grocery store.

Mr. and Mrs. Alfred Middleton of Grants Pass visited at the Edward Jones home Sunday.

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