

# HI-WAYS TO HEALTH

by ADA R. MAYNE

## OREGON DAIRY COUNCIL

### APPLES IN NEW DRESS

A visit to a county fair just recently made me realize that apples are in season again. There were rows of luscious looking ones of many varieties and colors. Green, yellow and red combined to make the fair booths festive and tempting.

Apples are palatable, healthful and inexpensive as a food. They should be ripe when used because when unripe they have a high starch content, which is gradually changed to sugar during the ripening process. Because of the quantities eaten apples are considered a fairly good source of the vitamins, specially vitamin C.

Apples are capable of greater diversity in serving than most any fruit and contribute to the menu for any meal during the day. The most simple of all apple dishes is, of course, applesauce and when served with cream or ice cream it is a favorite with everyone. When you have exhausted your family's whole-hearted interest in applesauce and are looking for new ways of serving apples try the following recipes:

#### Apple Marlow

- 1 cup apple juice
- 20 marshmallows
- 1 cup apple pulp
- 2 tbsp lemon juice
- 1 cup whipped cream

Heat apple juice and marshmallows in top part of double boiler until marshmallows are melted. Remove from stove, add apple pulp and turn into refrigerator tray to cool. Adjust refrigerator temperature to coldest setting. When mixture begins to stiffen, turn into a chilled bowl. Beat with rotary egg beater, add whipped cream. (Taste mixture as it may be necessary to add more sugar, depending on sourness of apples.) Return to refrigerator to freeze. Serves 6 to 8.

#### Apple Compote

- 1 1/2 to 1 3-4 lb. tart apples
- 1 cup water
- 3-4 to 1 cup sugar
- 2 tbsp lemon juice
- 2 in. stick cinnamon
- f. g. salt
- 1 grated rind of lemon

Cook the sugar, salt, water and stick of cinnamon together, 5 mins. Add the washed, cored apples, pared or not, and cook slowly uncovered, turning frequently until tender. Apples should retain their shape. Remove carefully to serving dish. Discard cinnamon, add lemon juice and grated rind to sirup, and pour over apples. Serve hot or cold with cream.

### Apple Dumplings

- 2 cups pastry flour
- 5 1/2 tbsp butter
- About 6 apples
- 2 tbsp baking powder
- 1/2 cup sugar
- 2-3 cup cold milk
- 1/2 tsp salt
- 1 to 2 tsp nutmeg.

Cut butter into flour, baking powder and salt. Add milk to make soft dough. Roll thin and cut in squares. Place about half to one whole peeled apple, depending on size, in each square and sprinkle with sugar and nutmeg. Fold corners over the apples and bake in moderate oven. Serve with coffee cream.

### Mr. & Mrs. Fisher Back from Extended Journey in East

Mr. and Mrs. L. M. Fisher returned last evening from an extended tour of the east. They visited in New York City for six weeks with their son, William P. Fisher, and

family, and also attended the wedding of their nephew, Bud Boeringer to Miss Janet Weber, in St. Paul. William P. Fisher is a graduate of Medford high school, and also University of Santa Clara, and is remembered by many school friends here. He now has a position with the Bell Laboratories in New York City. Mr. Boeringer is a graduate of Notre Dame, where he was an All-American football player in 1926.

Mr. and Mrs. Fisher witnessed a dress parade at West Point, and visited many other interesting spots. Mr and Mrs Fisher are staying at the Hotel Valandra where they have a cottage.

### Beagle

Mr. and Mrs. Harry Ellis, Mr. and Mrs. Walter Grant, Mr. R. H. Seigmiller, Mrs. A. B. Williams and Mrs. J. Frink were among those present at the banquet given in the Sams Valley auditorium last Wednesday night at which some of the business men of Medford were the honorary guests. The banquet was planned by the Grange and given to show their appreciation to the people in business who helped them purchase a curtain for the stage by paying them for advertising.

Mr. Rand Seigmiller has been

## For all interior painting... Use LUMINALL

Use Luminall wherever you would use any flat paint. It is the loveliest of finishes for living and dining rooms, bed rooms and hallways.

It gives that soft "dull mat" finish that is so pleasing and so easy to live with.

Luminall is the paint that dries in 40 minutes—odorless—one coat absolutely covers.



### FOR BEAUTY, SPEED, ECONOMY AND CONVENIENCE



You can apply Luminall on the masonry walls of your basement or on the wallboard of the attic; this new type paint covers so thoroughly in one coat you may even paint over wallpaper.

Easy to apply. Economical. One gallon thins to 1 1/2 gallons. Let us supply you with Luminall.

### Medford Lumber Company

North Fir St. Medford, Oregon

### FREES' GARAGE

"Where the Boss Does the Work"  
801 N. Central Phone 1388  
Medford, Oregon

HONESTY — EQUIPMENT  
TRAINING — EXPERIENCE

### Farmers Attention

Second Hand Rebuilt FARM IMPLEMENTS At Bargain Prices Call and see us at 39 S. Grape St. Medford

### Dr. C. W. Lemery

(Successor to Dr. J. J. Emmens) 204 Medford Bldg. Practice limited to eye, ear, nose, and throat and fitting of glasses. Tel. 587 Res. 1013

### TRY THE TRAIN!

TO CALIFORNIA 2¢ A MILE—AND LESS

Let our engineer drive you safely, swiftly, over the smoothest highway yet invented. This is the economical, comfortable way to California. Fares are down to 2¢ a mile and less. New tray food service: coffee 5¢, sandwiches 10¢, milk 5¢, etc.



See your local S.P. agent or write J. A. Ormsandy, Gen. Pass. Agent, 705 Pacific Bldg., Portland, Ore.



## BACK IN THE 80'S-

the Saturday night bath was no joke!

How Junior howled when mother led him firmly by the ear to his Saturday night bath! Poor mother! how exhausted she would be after heating the water teakettleful at a time, until each member of the family had had his turn at the wash tub. Now, with an automatic electric water heater, no home need be without an unlimited supply of piping hot water day and night. The cost is so trifling... less than fifteen cents a day. Low down-payment, easy terms.

### WESIX AUTOMATIC TANK WATER HEATER

Only \$69.50 Cash

\$2.12 Down - \$2.12 Month

The California Oregon Power Company

## ELECTRICITY CHEAPER! BETTER!

*I looked up Satisfy and it says—*



SAT-IS-FY. Something that pleases, gives satisfaction; something that just suits. For example, you are pleased with a dress. As applied to cigarettes, it means one that is MILD—that is not harsh or bitter; one that TASTES just right.

Chesterfield... the cigarette that's MILDER  
Chesterfield... the cigarette that TASTES BETTER