

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

THE HOT SPOT IN THE PICNIC LUNCH

Here it is July—open season for picnics—and to most of us plans for the "fourth" are of much importance at the moment. Most of us, too, are planning a picnic or an outing of some sort, for doesn't the Fourth of July really initiate picnic season?

In planning a picnic you must remember that the out-of-doors does a certain something to food. Plan a simple lunch—not forgetting, however, that picnic appetites come big. There is no need to tie oneself down to long-time roasts and complicated baking for the day that we want to spend out of the kitchen and in the sunshine. There are dozens of picnic menus that are delicious and well planned to safeguard the family's happiness and health.

Many families make it a policy to carry one main dish that may be heated over a camp fire or kept hot in thermos jugs. Have you ever tried packing a casserole, with its contents piping hot, between two feather pillows? It really works and will retain the heat for several hours. The hot dish accompanied by a vegetable or fruit salad, bread or rolls and butter, with ice cream for dessert, will answer the food problem. Remember that ice cream, even small quantities, can be packed to keep frozen for many hours. Fill the thermos jug with milk or a milk shake—another with fragrant coffee, not forgetting the cream, and you need give no more thought to the success of your picnic.

Some situations are ideal for an open fire picnic—in fact, many families think this is the only kind of picnic worthy of the name. A great variety of foods can be prepared over an open fire, especially now with the many new and useable pieces of equipment designed for camp fire cookery. The essentials

in equipment are a coffee pot and frying pan; or if you go in for stews or chowders, a long handled kettle.

The good old way of cutting green sticks for boiling steaks or for combinations of meat broiled en broche is still a favorite, too. Combinations of veal and beef, liver and bacon, lamb with slices of onion, are all appetizing cooked in this manner.

The thing is to concentrate on one hot dish as the main interest in your picnic meal and then with plenty of "fixins", cool milk to drink and topped off with a favorite in ice cream, a simple cake or cookies, and you have provided a meal that will make the Fourth of July picnic a tradition in your home.

Sport Gags

By K. D. P.

Fishing on the Rogue lately has not been very good, though there are fish in the river allright for the lucky one. Most people have called some fishermen very lucky in catching the limit of trout. But I do not think so because it is not really an easy thing to catch the limit. It takes knowledge and the right time to fish and the most important of all just plain patience. There are times when I could not get even a strike for 4 or 5 hours, yet I stick to the same hole and then suddenly there would come a sudden run of strikes which would make up for all those hours of patient fly casting.

There are salmon in the river, all right, hundreds of thousands are now in the river but to catch them by hook is a horse of different color. The river has got low and so clear that salmon have become wary in striking spinners and we might as well forget all about the salmon, though later on there will be many a strike from the salmon on smaller spinners but by that time they will not be too good to eat having been in the fresh water too long.

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NewsOddities . . . by Squier



year unless something happens to guarantee my signing of new boys from Medford. That new man is Oliver who has pitched some mighty fine games for Huson's team. But in some games he has received terribly poor support from his players. If we can give him some good support he may make it plenty tough for other teams. But Landers is mighty important to our team because he has pitched for years and has plenty of experience to make him valuable. But the only trouble with Landers is that sometimes on some days he has to work plenty hard for some farmer which naturally makes him a little off in form. The days when he is not working, he is about the hottest pitcher in

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WRESTLING NEWS

It only took Cowboy Dude Chick 12 minutes to take a lone fall of the main event from Bulldog Jackson in the Medford armory last Monday night. Bulldog Jackson was so badly outclassed by Chick that he never has a chance at all.

Otis Clingman and Sailor Dick Trout battled to a great draw in the middle event, each garnering one fall.

Vern Clark beat Jim Spencer in the opener with two straight falls.

Mr. and Mrs. Harry Bartol of Parma, Idaho, formerly of Central Point, are the proud parents of a

83/4 lb. baby girl born June 20. Named Dollie Doris for her mother, whose birthday is also June 20. This being the mother's 20th birthday. Mother and baby are both doing quite well.

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