

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

## SUMMER DESSERTS

Fresh fruits, ice cream and milk sherberts are the ideal desserts for hot weather meals. For variety a chilled pudding, an ice box cake or a frosty milk drink served with a cookie will make interesting summer desserts.

When we consider the dessert as an avenue for getting the protective foods, milk, fruits and eggs, into the day's diet, they become at once nutritious as well as satisfying. Since many dietary studies show that the average diet supplies too little of the essential minerals and vitamins, emphasis should be placed on including foods rich in these elements. Milk and fruits are called protective foods because of their high mineral and vitamin content and because of this, desserts containing them are truly nutritious foods. It is then, decidedly worth while to devise means of making wholesome desserts appealing.

Some dessert recipes combining the fresh fruits now in season with milk and cream are:

### Raspberry Spanish Cream

- 1 1/2 tablespoons granulated gelatin
- 1/2 cup cold water
- 2 eggs, separated
- 1/2 cup sugar
- 1 1/2 cup scalding hot milk
- 1 teaspoon butter
- 1-8 teaspoon salt
- 1 teaspoon flavoring
- 1 cup cream, whipped

2 cups fresh raspberries  
Soak gelatin in water five minutes. Beat egg yolks and sugar until thick and light. Pour hot milk over them slowly, stirring constantly. Add gelatin, butter and salt. Cook until mixture thickens (15 minutes). Strain, beat 2 minutes and let cool. Add vanilla, fold in stiffly beaten egg whites and then whipped cream. When it begins to thicken add fresh raspberries. Turn into mold and chill 3 hours.

### Cherry Whip

- 1 cup stoned black cherries
  - 1 cup blanched almonds or other nuts
  - 1 cup marshmallows cut in cubes
  - 1 cup whipping cream
- Chill all the ingredients and mix with whipped cream just before serving. Grapes, raspberries, peaches, canned pineapple, peaches, can be used instead of cherries.

An appetizing frozen custard is made as follows:

### Frozen Honey Nut Custard

- 1 cup cream or milk
  - 1-8 teaspoon salt
  - 1 cup boiling water
  - 1/2 cup honey
  - 1 whole egg
  - 1 egg yolk
  - 1 egg white
  - 1-4 cup chopped nuts
- Combine cream, whole egg, egg yolk and salt. Blend thoroughly. Combine honey and boiling water and bring to boil. Pour hot syrup over stiffly beaten egg white. Fold in the first mixture and the nuts and freeze.



## Your Mental Attitude

Your mind can make or break you. One's mental attitude is largely responsible for the way one goes about his affairs in work, in play and in life itself.

The first step to success in farming, as well as in any other line, is to develop the correct mental attitude. If you believe that you will succeed and are then a fatalist and more than likely will fail. On the other hand if you believe that you will succeed and will work hard and willingly, a good part of the battle is already won.

Try not to think too much about making money farming, but try and develop the mental attitude that farming is a life and if you use your talents and energy to provide a full life for your family and for yourself on the farm then the chances are, you will not only do this but will also gradually accumulate a reserve fund in the worlds goods that will enable you to pass your old days in peace. Certainly the right mental attitude is inductive to a better and more satisfactory life.

### Barley For Beer

The return of beer will increase the demand for barley, for malting purposes. In 1917, of the 211-million bushel barley crop, 72 million bushels were used for making malt.

Barley production increased to 300 million bushels in 1932 from 1917. This increase was due largely to the favor barley has gained as a feed for livestock.

Malting barley usually commands a premium over feed barley. Brewers require barley having plump kernels and good hulls. It should be well grown and well ripened with mellow kernels. There must be but little threshing damage and the barley must be practically free from diseased and moldy kernels.

### More Farm People

There are approximately 32 million people on farms in the United States. This is only 77 thousand less than the highest farm population, on January 1, 1910.

The decrease in farm population of 1 1/2 million people from 1920 to 1930 has been offset by the gains made from 1930 to 1932, inclusive.

The farm always has had many advantages. They are more appreciated, no when ever. The movement to the farm during a period of great stress throughout the world speaks well for the soundness and reliability of agriculture. Agriculture is the backbone of the nation.

### Saving of Straw Recommended

DALLAS—In addition to carrying on a program of emergency forage crops recommendations to replace the hay and pastures frozen out last winter, the county agents office here is also urging the conservation of straw to be fed with molasses and protein concentrates this winter, thus lessening the shortage of winter feed. J. R. Beck, county agent, has been gathering prices on cotton seed meal by the ton and on molasses by the barrel and by tank cars.

## Unscientific Science

of the Forgotten Past  
That the hoop-snake sticks its tail into its mouth and rolls downhill for fun, that horse-hair comes alive in water, that the porcupine shoots his quills at his enemies, that toads give people warts, and that the lion works himself into a rage by swishing his tail—these are a few superstitions which all of us have heard, and which some of us believe, says a writer in the St. Louis Globe-Democrat.

The fact is that the ostrich does not stick his head in the sand to hide when he sees an enemy, that the bald-headed eagle which embellishes the silver coins of the United States is not a very praiseworthy bird, but an ugly scavenger, that the death's head moth is harmless and that monkeys don't pick fleas off their skin, but dandruff. Thousands of people still believe that poisonous snakes stab the poison into their victims with their forked tongues, but their tongues are quite incapable of such activities.

The countless old stories that a rabbit's foot brings luck, that a peacock's feather is unlucky as is a black cat across one's path, and that a gecko (a kind of tropic lizard) means good fortune in one's house, are among the silliest superstitions with which men have been ridden. These, at any rate, have largely been banished from our thinking.

History, as well as science, has been embroidered with fairy tales about cherry trees and Nero's fiddles, but fewer historical than scientific fables seem to have survived modern years.

## Cow Birds Are Laziest of the Feathered Tribe

The cowbird ranks among the laziest birds of the field. It derives its name from the fact that it follows along behind or just in front of grazing cattle, feeding upon insects which are disturbed by the cows and leave their cover in the grass. When the cows decide to seek better grazing elsewhere and start off at a fairly rapid pace, it is not unusual for these birds to hop on the cows' backs and ride along with them, observes a correspondent in the Washington Star.

Even when it comes to perpetuating their species, the cow birds still are lazy. They build no nests of their own but lay their eggs in the nests of other birds, preferably smaller birds. The foster mother, when she hatches the cow bird's young along with her own, appears not to notice that the larger cow birds are not her own and feeds them and raises them at the same time as she raises and trains her own.

### Self-Opening Parachute

Persons who are likely to make use of the parachute are compelled to learn how to operate them. After the plunge into the atmosphere and when free of the airplane, there is a cord which must be pulled in order to release the big bag which fills with air and permits the gentle descent to the earth. There is always a possibility that under the excitement of the moment the cord may not be pulled and disaster is the result. One design has a timing apparatus built into the parachute by which the opening process is automatically taken care of. Adjustment may be made to have the operation take place at any desired distance and the human element is eliminated entirely. The device is also said to be of great value where mail matter or supplies of any character are to be dropped, for the exact spot of the landing can be accurately regulated.

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## Birds' Suicide Flight

**Mystery to Canadians**  
High over Quebec there soared recently for the first time in many years great flocks of fat, black and white sea birds, flying toward the St. Lawrence river basin and death. They were Arctic murrets (also called guillemots), cousins of the auks.

The cause of their periodic suicide flight is a mystery which Canadian ornithologists hope to solve, says Time Magazine.  
A crow-sized bird with set-back legs which make it stand upright like a penguin, the murre breeds in colonies on Arctic cliff ledges. It lays an egg pointed at one end so that it rolls in a circle and does not fall off the ledge.

Once hunted for oil, as were the extinct great auks, murrets have grown scarce and are now protected by treaty between the United States and Canada. Only Indians and Eskimos may eat their eggs or kill them for food.  
Like the little auk, the murre feeds on ocean crustacea and starves inland. An official of New York's Bronx zoo thought the murre's death flight might be caused by a cyclical failure in their food supply.

## The Key Is Still Lost

An educated reader of the serious periodicals of Europe and America can hardly have arrived at the age of forty without having been invited to consider every conceivable solution for the problems of this wicked world. The history of mankind is the ceaseless repetition of various fairy-tale movements, none of which has ever achieved the end in view.—American Spectator.

FOR SALE—Piano, \$40. Multnomah Furniture Exchange.

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## First Typewriter Was Invented by a Printer

Many years ago a clever printer from Milwaukee, with a flair for invention, was about to emancipate American womanhood. He didn't know it. He thought he was simply producing a typewriter, or as he called it, "a writing machine." His name was Christopher Latham Sholes. In March, 1873, says the Cleveland Plain Dealer, he and his backer, James Densmore, were in Ilion, N. Y., where the Remington Arms company was building the first typewriter in its gunshop.

Feminists may find something symbolic in the fact that the typewriter was born at Ilion, not 100 miles from Seneca Falls, where in 1848 Lucretia Mott and Elizabeth Stanton Cady started the American suffrage movement.

The typewriter and the telephone both made their first real bid for public recognition at the Philadelphia Centennial exposition. Both found the public rather languid. But it was not many years before the office girl and the hello girl were marching along en masse to take their place in the commercial life of the nation.

The superior dexterity of women gave them an early chance at the typewriter. Office men with Dundermyr whiskers and fancy waistcoats growled at the feminine invasion. But the girls did better work on the new contraption.

## Type of Alder Towers Eighty Feet in Height

The alder, commonly thought of as a small tree, almost shrublike in its appearance, belongs to a family which finds among its members one giant species which towers 80 feet in the air. The tall type is the Oregon or red alder, which is found along the Pacific coast.

Its usual habitat is along the banks of streams, on the sides of canyons and far up the mountains beyond even the spruces. The reddish, brown wood of the species is often used in the manufacture of furniture.

## Juarez Memorial

Benito Pablo Juarez was President of Mexico from 1851 until 1871, except for a period from 1852 to 1857 when a combination of European powers placed Maximilian upon the throne as emperor. The Hemicycle of Juarez is a memorial to him and consists of a group of statuary in a large semi-circular colonnade of white marble. This stands on Avenida Juarez at the side of the Alameda in Mexico City.

## MICKIE SAYS—

IT KEEP US HUMPING TO MAKE TH' NEWS COLUMNS OF OUR PAPER AS INTERESTING AS TH' ADS THESE DAYS, WITH ALL TH' WONDERFUL BARGAINS OUR MERCHANTS ARE OFFERIN IN EV'RY ISSUE—THE BOSS SEZ HE NEVER SAW TH' TIME WHEN A DOLLAR'D BUY SO MUCH

