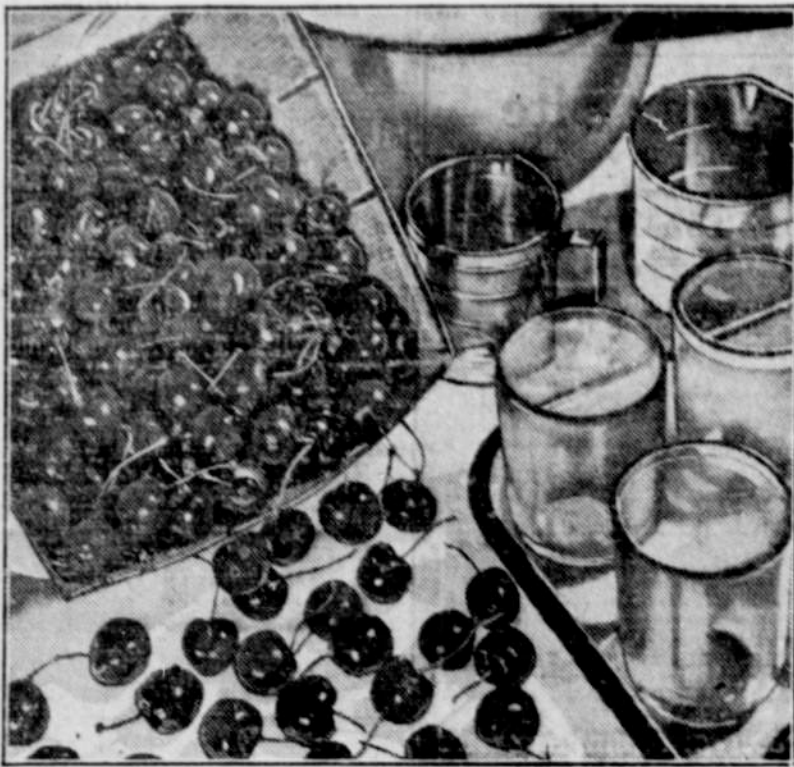


## Make Cherry Jelly and Jam For Roasts, Fowl, Desserts



A BASKET of cherries, ripe and ready for use... a kettle of suitable size... the proper pectin... a sufficiency of sugar... and the right recipe. Put them all together and they spell jelly—or jam, if you prefer—of a gorgeous color and universally liked sweet-tart taste.

Cherry spreads are nice to have the year round. The jam is particularly delicious with fowl. And when you make a pie of that leftover chicken, by all means serve the cherry jam with it too. Or use it with roasts of all kinds. The jelly is especially good in salads and desserts, and with cottage cheese.

Start now building up the section of your jam cupboard to be devoted to cherry spreads. Here are the recipes you will need:

### Sweet Cherry Jam

3½ cups (1½ lbs.) prepared fruit  
4 cups (1½ lbs.) sugar  
1 box powdered fruit pectin

To prepare fruit, pit about 2½ pounds fully ripe cherries; crush thoroughly or grind. (If a stronger cherry flavor is desired, add a few crushed cherry-pit meats to fruit during cooking.)

Measure sugar into dry dish and set aside until needed. Measure prepared fruit into a 5- to 6-quart kettle, filling up last cup or fraction of cup with water if necessary; place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring

until mixture comes to a hard boil. At once pour in sugar, stirring constantly. (To reduce foaming, ¼ teaspoon butter may be added.) Continue stirring, bring to a full rolling boil, and boil hard 1 minute. Remove from fire, skim, pour quickly. Paraffin hot jam at once. Makes about 7 glasses (6 fluid ounces each).

### Sour Cherry Jelly

3 cups (1½ lbs.) juice  
4 cups (1½ lbs.) sugar  
1 box powdered fruit pectin

To prepare juice, stem (do not pit) and crush about 2½ pounds fully ripe cherries. Add ¼ cup water, bring to a boil, and simmer, covered, 10 minutes. If a stronger cherry flavor is desired, add a few crushed cherry pits during simmering. Place fruit in jelly cloth or bag and squeeze out juice. (If there is a slight shortage of juice, add small amount of water to pulp in jelly cloth and squeeze again.)

Measure sugar into dry dish and set aside until needed. Measure juice into a 3- to 4-quart saucepan and place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. Continue stirring, bring to a full rolling boil, and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 7 glasses (6 fluid ounces each).

## Higher Average On FHA Loans

Loans issued by Oregon lending institutions since April 1, under the Modernization Credit Plan of the Federal Housing Administration are considerably larger in amount than the average prior to the revision of the National Housing Act, according to Jamieson Parker, State Director.

The present average amount of loans under \$2,000, the director explained, is almost \$500, while the earlier average was approximately \$285. The national average before April 1, was \$334.

The increase was attributed by Parker to discontinuance of insurance of loans for the purchase of movable household equipment, and to the requirement that borrowers must be the owners or lessees of the properties to be improved.

"More than 17,000 credit transactions had been reported by Oregon lending agencies up to the end of May and the total amount released in the form of insured loans, under the Modernization Credit Plan, was in excess of \$5,400,000," Parker stated.

"Of the total amount loaned, more than \$160,000 represented transactions under the revised regulations, in amounts under \$2,000. Loans for the improvement of business and other income properties and for the purchase and installation of eligible machinery and equipment aggregated about \$417,000 at the end of May."

"More than 1,068,000 notes amounting to \$387,855,136 have been insured by the Federal Housing Administration throughout the United States."

—YOU SAW IT IN THE MINER

## Health in Summer

By SHIRLEY W. WYNNE  
M.D., Dr. P.H.  
Former Health Commissioner  
New York, N. Y.

CLEANLINESS is always important but during the warm weather it takes on added significance in relation to health. Here are a few rules that should help in securing the fullest enjoyment from this delightful time of year:

Keep clean Personal and household cleanliness through the plentiful use of pure soap and hot water is essential to good health.

Teach children not to put pencils or other articles in their mouths. Teach them the health habits of washing their hands thoroughly with a pure white mild soap and water before eating, after using the lavatory, after play and before retiring. Of course, the housewife should thoroughly wash her hands before preparing food and insist that all her household assistants do likewise.

Dress lightly and, so far as is practicable, wear washable clothing, changing it frequently. Wear no more than is necessary.

Eat plenty of fresh fruits and fresh vegetables. Drink a quart of milk a day. Cut down on fats, sugars and starches. Drink plenty of water. Don't eat when overtired or overheated. Clean up, rest and relax before meals.

Don't swim or bathe in polluted waters. Don't swim immediately after eating or when very tired.

Don't try to crowd a year's quota of exercise into a two weeks vacation. Don't try to acquire a tan in a day or a week. You will acquire a burn instead, which is neither healthful nor pleasant.

In short be clean and be moderate, so that your Summer may be pleasant, enjoyable and healthful. Remember that pure soap and water are your greatest aids to cleanliness, and that cleanliness is your greatest aid to health.

## LEGAL NOTICES

4-348 b

NOTICE FOR PUBLICATION  
Department of the Interior  
General Land Office at Roseburg,  
Oregon, June 17, 1936.

NOTICE is hereby given that Habert Lesley Knapp of Jacksonville, Oregon, who, on July 20th, 1901, made Homestead entry, Serial No. 019728 for E½NW¼, Section 5, Township 39 S., Range 2 W., Willamette Meridian, has filed notice of intention to make final three year Proof, to establish claim to the land above described, before Victor A. Tengwald, U. S. Commissioner, at Medford, Oregon, on the 21st day of July, 1936.

Claimant names as witnesses: Joe Currey, Harden Turnbough, E. S. Nelson, Albert Nelson, all of Jacksonville, Oregon.

ROBERT E. CRAWFORD  
Acting Register  
Je.19.26; Jy.3.10.19

4-348 b

NOTICE FOR PUBLICATION  
Department of the Interior  
General Land Office at Roseburg,  
Oregon, June 11, 1936

NOTICE is hereby given that

George B. Coffeen, of Applegate, Oregon, who, on October 19th, 1931, made Homestead entry, Serial No. 019724, for SW¼SW¼, Section 5, Township 39 S., Range 4W., Willamette Meridian, has filed notice of intention to make final three year Proof, to establish claim to the land above described, before Victor A. Tengwald, U. S. Commissioner, at Medford, Oregon, on the 21st day of July, 1936.

Claimant names as witnesses: Andrew Lee, Aubrey Edwards, Herbert Elmore, Frank Knutzen, all of Applegate, Oregon.

GEORGE FINLEY,  
Register  
Je.19.26; Jy.3.10.17.

### FROM YREKA

Mr. and Mrs. Delbert Black of Yreka were here Saturday doing some shopping and visiting friends.

### TO LELAND

Mrs. L. J. Reed and family have been spending a few days this week in Leland, visiting at the home of Mrs. Reed's mother, Mrs. S. L. Brock.

### VISITING HERE

Miss Aileen Sherwood is here from Prospect for a visit of three weeks with Dorothy Parr.

## \*Follow The Crowas!



**ASHLAND**  
HOME OF LITHIA PARK

## —PARADE—

FLOATS — 3 — BANDS — 3 — NOVELTIES

CHILDREN'S SPORTS  
\$50—IN PRIZES—\$50

BATHING BEAUTY CONTEST  
and  
FANCY DIVING EXHIBITION

AMERICAN LEGION

Mid - Way and Concessions

WRESTLING  
MATCHES  
Direction  
MACK LILLARD

MAMMOTH  
FIRE WORKS DISPLAY

ASHLAND offers you a variety of entertainment for a Glorious Fourth.  
THE COOL COMFORT  
of  
**LITHIA PARK**  
COMMUNITY PICNICS  
Swimming Golf  
Tennis Dancing  
MOVIES—BAND CONCERTS  
FUN—THRILLS AND ENTERTAINMENT

## HIT NEWS OF INTEREST

Mr. Aldo Ceccato and Kelly Brooks went to Medford Wednesday to work in the factory there.

An eight pound baby daughter Joan May, was born to Mr. and Mrs. Joe Perry last Tuesday.

Miss Annie Lenaire of Algoma was visiting friends here Thursday and Friday.

Mr. Kenneth Brown motored to Glendale for the week-end. Mrs. Brown has been visiting her parents there the past week. Her brother Dale, returned with them for a visit here.

Mrs. Van De Weghe and son Joseph, and Mr. and Mrs. Dario Ceccato were in Yreka Saturday.

Miss May Roberts was in Medford Wednesday evening.

Mr. and Mrs. Joe Francis Jr., and Mr. Alfred Francis, spent the week-end in Hilt.

Mrs. Bradfield and daughter Sherry left Thursday night for Utah to visit relatives.

Mr. Aldo Ceccato spent the week-end in Hilt with his family.

Mrs. Vernal Nebeker left Thursday night to visit her sister in Berkeley.

Mrs. M. J. Bailey is visiting her parents in Weaverville.

Mr. and Mrs. W. W. Walker, and family, were in Yreka Sunday.

Mr. and Mrs. Oilom were in Yreka, Saturday.

— Mr. and Mrs. Nelson were in Medford, Saturday.

— Mr. and Mrs. Harry Peltz and son of McCloud spent the week-end visiting the Gilberts.

— Mr. and Mrs. Baumgartner and daughter Jean, were in Yreka Saturday night.

— Mr. W. B. Roush and daughter Barbara drove to Eugene, Saturday.

— Mr. and Mrs. Hjertager attended a show in Medford Sunday.

## General Conrad Visits Medford

The district was honored June 15 when Brigadier General C. H. Conrad, Jr., commanding General of the ninth corps area, inspected here.

General Conrad, who assumed command upon the retirement of Major General Paul B. Malone, spent a full day here, inspected the downtown headquarters as well as headquarters detachment and the various departments at the fairgrounds, and then visited Camp Prescott.

He was accompanied by 1st Lieut. J. G. Van Houten, Inf., who is regularly on duty with the General at Fort Lewis.

General Conrad will be succeeded by Major General George S. Simmonds, who will arrive soon from the east.

General Conrad is intensely interested in the CCC activities and has made many innovations in his Fort Lewis district which he thought might be of value here.



## IT PAYS TO

Telephone ahead

It pays to be expected. Resort and hotel people want to have just the rooms waiting for you that you'll most enjoy. Telephoning ahead is so easy. So satisfactory, too, for it gives you a chance to talk accommodations over—to verify arrangements.

THE PACIFIC TELEPHONE  
AND TELEGRAPH COMPANY  
111 OAK ST. TELEPHONE 139

"WE'RE EXPECTING YOU  
YOUR ROOMS ARE  
READY AND WAITING."



• What Ashland Makes, Makes Ashland •

**PASTEURIZED MILK  
PER GALLON - 30¢**

CASH and CARRY

**ASHLAND CREAMERY**

PHONE 24



—By C. M. PAYNE

© The Bell Syndicate, Inc.