

## Hi-Ways to Health

By Ada R. Mayne

### CHRISTMAS PARTY REFRESHMENTS

Christmas means so many different things to different people—to children it's Santa Claus, toys, and lots of excitement, to teen-agers it's parties and singing Christmas carols, and most grown-ups think of Christmas as the time when they renew old

acquaintances and entertain friends and neighbors. Most of the holiday entertaining problems fall on Mother's capable shoulders, particularly the refreshments to be served. One of the popular old standbys is Christmas cookies—chewy ones, butter crisp ones, iced ones shaped like stars, Christmas trees and bells. Everyone loves Christmas cookies and the greater the variety the more popular you will be as a hostess. Christmas cookies are not hard to make either. Select a good basic butter cookie recipe and vary flavorings and decorations with each batch. The small fry in the family will en-

joy helping to decorate Christmas cookies—that's part of the fun! For a simple, quickly prepared refreshment menu to use when friends drop in, or for a planned party, serve creamy spiced milk punch, assorted Christmas cookies and salted nuts. We have a recipe for the milk punch which is easily prepared and delicious to serve. Our Christmas cookie recipe is versatile—it may be iced, sprinkled with colored sugar or served plain.

**Creamy Spiced Milk Punch**  
(Serves 12)  
1 quart milk  
2 tsp cinnamon

### Timber Management Chief To Retire on 31st of December

Oliver F. Ericson, chief of the division of timber management, Pacific Northwest region, will retire on December 31, after more than 35 years of employment

1 tsp nutmeg  
1 8 tsp salt  
1 quart vanilla ice cream  
1 2 pt. whipping cream  
1 tsp vanilla  
2 Tbsp grated orange rind

Pour milk into cold punch bowl; mix in seasonings. Add 1 2 of the ice cream, stirring until partially melted. Whip cream until still and fold in vanilla. Place remaining ice cream, and whipped cream, on top of spiced milk. Sprinkle with grated orange rind. Serve in mugs with stick cinnamon stirrers.

### Ginger Stars

1 3 cup butter  
1 2 cup sugar  
1 2 cup dark molasses  
1 egg beaten  
2 1 2 cups sifted flour  
1 2 tsp nutmeg  
1 1 2 tsp ginger  
1 2 tsp soda

Cream butter; add sugar and cream until smooth and light. Add molasses and beaten egg, stirring to blend. Sift together flour, salt, spices and soda. Add to cookie mixture and blend. Chill dough thoroughly about an hour. Roll out on well floured pastry cloth to 1 8 inch thickness. Cut with star cookie cutter. Place on buttered baking sheet and bake in a moderately hot oven, 375 degrees, for 12 minutes. Makes about 4 dozen cookies.

with the U. S. forest service, according to an announcement by regional forester H. J. Andrews.

A native of Kansas, Ericson received his B.A. degree from Bethany college, and his master's degree in forestry at the University of Washington. His first assignment was on the Whitman national forest as field assistant. He was appointed forest assistant in 1913 and served successively on the Chelan, Crater (now Rogue River), Whitman and Olympic forests, becoming forest supervisor at Olympia, Washington, in 1920. Three years later he was promoted to a staff position in the division of timber management in the regional office in Portland, and served in that capacity for 12 years, when he was advanced to the position of assistant regional forester in charge of the division.

Commenting on Ericson's approaching retirement, regional forester Andrews stated that Ericson as he is known to lumbermen throughout the northwest, had played an important part in the development of national forest business in Oregon and Washington, with a cut of one and one-half billion board feet in fiscal year 1948. Under his leadership, the present "patch" cutting method was inaugurated on the national forests in the Douglas-fir region.

Ericson is a member of the Society of American Foresters, American Forestry association, and Xi Sigma Pi.

Walter H. Lund, now staff assistant in the division of timber management, will succeed Mr. Ericson, according to regional forester Andrews. Lund is a native of Oregon. He received his B.S. degree in forestry at Oregon State college in 1927 and was appointed to the position of forest ranger the same year. He served on the Olympic, Snoqualmie and Wenatchee national forests, becoming supervisor of the latter

### REGIONAL TRAFFIC INSTITUTE, FIRST ON COAST, TO MEET AT BERKELEY

Western traffic control specialists and officials will meet on the Berkeley campus of the University of California January 31 to February 11 at the first Western Institute for Traffic Training, according to word received by Secretary of State Earl T. Newberry.

The regional institute, first of its kind to be held on the west coast, will consist of several short courses in the various fields of traffic control, ranging from studies of enforcement and engineering techniques to methods of developing public support for traffic safety activities. Instructors will be drawn from top national agencies active in each phase, Newberry said.

The western meeting is an expansion of the National Institute for Traffic Training, an annual activity held two years ago at Oregon State college, the secretary pointed out. It is chaired by Commissioner Clifford E. Peterson of the California highway patrol with Newberry's office serving as representative for Oregon.

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In 1939. With the advent of the war and the tremendous increase in demand for national forest timber, he was transferred to the regional office in Portland in 1942 to assist in timber sales work.

Regional Forester Adams said that Mr. Lund is especially well qualified to take charge of the division of timber management because of his wide experience in the forests of Oregon and Washington and his knowledge of timber sales. Lund is a member of the Society of American Foresters and Xi Sigma Pi, a forestry honorary fraternity.



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