

CULINARY CRAFT....

By Estella Dorgan, Director of Home Service, California Oregon Power Co.

REFRESHING SALADS

FRUIT

Stuffed Peach Salad
Use ripe peaches, peel and dip in lemon juice before rolling in chopped nut meats then stuff with cheese stuffing.

- 1 cream cheese
- 1/4 cup sliced almonds
- 1/4 t salt
- Grated rind of 1 orange (orange juice)
- Blend cheese with minced nut meats, salt and orange rind. If necessary dampen with orange juice.
- Form into balls and dust with paprika and place in center of peach halves on shredded lettuce. Serve with dressing made with fruit juice.

Frozen Peach Salad

(Cooked fruit)

- 1/4 cup peach juice
- 1/4 c orange juice
- 2 T lemon juice
- 2 eggs
- 1/2 c sugar
- 1 cup whipping cream
- 1 1/2 c cooked peaches
- 1/4 t salt
- Heat in double boiler the fruit juice with salt. Beat the egg yolks with 1/4 cup of sugar and stir hot juices into them, then cook over hot water, stirring until thick and smooth. Cool and fold in stiffly beaten whites and whipped cream then add the peaches cut into small pieces. Freeze in electric refrigerator without stirring and serve on lettuce with paprika dressing.

Apple Salad

- 1/2 dozen ripe apples
- 1 can sliced pineapple
- 1 pound grapes
- Juice of 1 lemon
- 1 dozen marshmallows
- 1 cup walnut meats
- Dice peeled apples and pour lemon juice over them to avoid discoloration. Cut pineapple in small pieces, seed the grapes and cut the marshmallows into thirds. Combine all serve on lettuce leaf with fruit juice dressing.

Cinnamon Apple Salad

- 1 c sugar
- 1 c water
- 1/4 cup red cinnamon candies
- 8 tart apples
- Lettuce
- Dressing
- Make a sirup of the sugar and water then add the candies and stir until dissolved. Pare and core the apples then cook them whole in the red sirup, being careful to keep the apples whole and basting frequently so as to obtain an even red coloring. Cool thoroughly and fill with grated cheese. Serve on shredded lettuce and decorate with a teaspoon of whipped cream.

VEGETABLE SALADS

Red and White

- 1 cauliflower
- 8 beets
- 1 t minced parsley
- 1/4 t minced onion
- Mayonnaise dressing
- Steam the cauliflower until tender, drain and cool then break into florets. Cut the cooked beets into cubes and chill. Add the minced parsley and onion to the mayonnaise. Place combined vegetables on lettuce leaf and decorate with the mayonnaise. Serve immediately to avoid discoloration from beets.

Carrot and Pineapple

- 2 c grated carrot
- 1 c pineapple (pieces)
- 1 c shredded cabbage
- 1 cup Tokay grapes
- 1 c coconut
- 1 c nut meats
- Mix well and serve on lettuce leaf with French or Fruit Juice dressing.

Picnic Salad

- 1 c baked beans
- 2 c minced cabbage
- 1 small onion, minced
- 1 green pepper, minced
- 1 T parsley, minced
- 1 c cooked macaroni
- 1/4 c sweet pickles, cut fine
- 1/4 c cubed cheese
- 1 t celery seed
- 1 c boiled dressing
- Drain the beans and combine with other ingredients. Pack in individual waxed cups and cover with paraffin paper if taking with picnic lunch.

FISH SALAD

- 1 can salmon
- 2 eggs
- 6 sweet pickles
- 1 cooked beet
- 1 T parsley, minced
- 8 c shredded cabbage
- Crisp the shredded cabbage in very cold water, then drain and dry. Spread

Nebraska League Finds Key to Success

Salary of \$75 a Month Lures Young Talent and Pulls Circuit Out of Red

By M. J. Wing
LINCOLN, Neb. (AP)—Amateurs have made a good thing of Nebraska's professional baseball league. While bigger and better circuits floundered under dwindling receipts and flagging interest, Class D teams in the Cornhusker state scrap for the pennant again this summer with real support from home town fans.

The league got out of the red last year, led by Bob Russell, league president, of Lincoln, former all-around athlete at the University of Nebraska. Like the club president, he has had no professional baseball experience, draws no salary and expects no profit.

Fun Main Idea
"We'll be happy if we pay all the bills," he said, "but it's a lot of fun." Included in the "fun" is seeing youngsters who started with the league climb up through the big minors into the majors. As one of two Class D leagues remaining out of 17, the Nebraska circuit offers a few of the rare chances for a start in organized baseball.

"Don't tell me that all the boys want to do now is caddy," said Russell. "We had enough turn out this spring to make ten leagues. Fifteen hundred of them paid their own way here from Canada, Cuba, the Hawaiian Islands and the east coast just to get a chance at a \$75 a month berth. And we could grab only 78 of them."

\$75 Per Standard
The \$75 per month salary rule is the first secret of existence for this league while others have fallen in the ditch of debt. Each of the 13 players in the six clubs, with the exception of the managers, draws a uniform wage. Other expenses are paid accordingly.

on platter and on it arrange the contents of one can of salmon, drained and flaked. Sprinkle with chopped egg and minced pickle and beat. Add the minced parsley to the boiled or mayonnaise dressing which is spread over the salad and decorated with lemon slices and quartered hard cooked eggs.

Frozen Crab Meat with Tomato

- 2 c canned tomatoes
- 2 whole cloves
- 1 small onion, minced
- 1/2 t celery seed
- 1 t salt
- 2 T sugar
- 1 T gelatin
- 2 T cold water
- 1 T lemon juice
- 1 c cream
- 1 green pepper
- 1 small can crab meat
- Combine the tomatoes, cloves, onion, celery seed, salt and sugar and simmer 15 minutes then strain and add lemon juice and the gelatin which has been softened in the cold water for 5 minutes. Stir until thoroughly dissolved and set in refrigerator to cool until it begins to set. Remove and beat with rotary beater until frothy, then fold in the beaten cream, the chopped green pepper and the flaked crab meat. Turn into a refrigerator tray and chill until set. Serve in squares on shredded lettuce with mayonnaise dressing garnished with lemon.

FRUIT JUICE SALAD DRESSINGS

Pineapple

- Juice from one can of pineapple (No. 2)
- 3 eggs
- 1 c sugar
- 2 T butter
- 2 T flour
- Juice of 1 lemon
- Bring pineapple juice to boil. Beat the eggs lightly and add the sugar and flour. Pour the boiling juice into this mixture, stirring constantly, then place over boiling water to cook thoroughly, adding the butter when about ready to remove from range. Cool and just before serving add the whipped cream.

Peach

- 1/4 c sirup from canned peaches
- 2 egg yolks
- 1 T sugar
- 1 1/2 T lemon juice
- Salt
- Paprika
- Soak the peach sirup. Beat egg yolks until light colored, adding sugar and seasonings while beating. Pour the hot sirup into this mixture and cook over hot water until it thickens (coats spoon). Add lemon juice slowly and chill before serving.

Paprika Dressing

- 1/4 c salad oil
- 1 cup powdered sugar
- Juice 1 lemon
- 1 T paprika
- Combine all, beat well and serve on tart salad.



In the worst year minor league baseball has ever experienced the little Nebraska State circuit, gained by Bob Russell, former Cornhusker athlete, is rolling along merrily. Young talent and a standard wage of \$75 a month furnish the answer. Russell himself no salary... just has fun.

The second secret is civic pride.

The local business men back the clubs and sign the notes. They are interested in the boys and the team and so are the townfolk.

Small Town Circuit

With the exception of Lincoln the Nebraska league towns are small. McCook with only 6,000 population may be the smallest in professional baseball. The others—Beatrice, North Platte, Norfolk and Grand Island—average about 13,000.

Night baseball started early in the league. The electric installation at the Lincoln park in 1930 probably

was the first in the country although Des Moines got in ahead with a regular game.

made the majors yet. Roy Schaik, who started here when 16 years old and became an outstanding player in the Western league, has just been sold to the Yankees by Oklahoma city.

Started five years ago, the league was deep in debt at the end of the 1930 season and the presidency was going begging. The backers wanted to pay back their friends before they quit and got Russell to take charge for another attempt. In one year the obligations were liquidated but the backers decided not to quit.

"A baseball man will do things no same person would do," said Russell.

Sales Big Item

The sale of players means the difference between profit and loss to the league. Twenty-five moved up last year. Scouts like the clubs because every boy there is new material. None of them has had previous professional experience outside the league, none is over 25 years old and the average is 20 years.

In the big minors these boys have done well, although they haven't

ROAD CONTRACT TO BE AWARDED

SALEM, Aug. 31.—(AP)—Awards on 19 different highway improvement projects are listed for letting at the meeting of the state highway commission in Portland tomorrow, the total cost ranging from \$700,000 to

\$800,000. Construction work on all will start this fall and will be scattered over 13 counties in Oregon.

The awarding of contracts will be the major business of the commission, which starts its session with a preliminary meeting tonight. At least half a dozen delegates will be present, the program shows, but the department announced no other outstanding feature is scheduled.

YANCOUVER, Wash., Aug. 30.—

(AP)—A man about 32 years old, with no identifying marks on his clothing, was found dead beside the railroad tracks near Camas today. Po-

lice believe he was killed when he attempted to board an eastbound train last night.

Klamath Falls.—Swedish Missionary Association of Northwest and Swedish Evangelical Missionary Association of California plan to erect church here.

Hood River.—Front of DeWitt building on Oak street painted.

Sheridan.—Much repair and rebuilding work being done in and around this place.

ANNUAL ROTARY PICNIC SET FOR TUESDAY NIGHT

The annual Rotary picnic will be held next Tuesday night, Sept. 6 according to plans outlined at Tuesday's Rotary meeting. The affair will take place at the Hamilton Patton home on Capital Hill where ample facilities are available for swimming, dancing and other diversions. All Rotarians and their ladies are urged to plan now to attend.

Sam Veach, pioneer railroad man was the principal speaker at the meeting taking as his subject "Labor" and speaking of present day conditions as compared with years ago. Mr. Veach who has been affiliated with the Southern Pacific railroad since 1887 told a number of interesting things about his early experiences with railroading and mentioned some of the problems which confront the railroads today. Volney Dixon acted as chairman of the meeting.

The Southern Oregon Golf tournament was announced by August Johnson who urged a large number of entries from the Rotary club. Visitors at the season were Herb Launspach of Stockton, Calif., and A. S. Rosenbaum and Raymond Reter of Medford. E. K. Ristine was a visiting Rotarian from Mount Vernon, Iowa.



Alfred E. Smith, former governor of New York, signed a contract in New York to edit the "New Outlook," a new magazine published by Frank A. Tichenor (right). (Associated Press Photo)

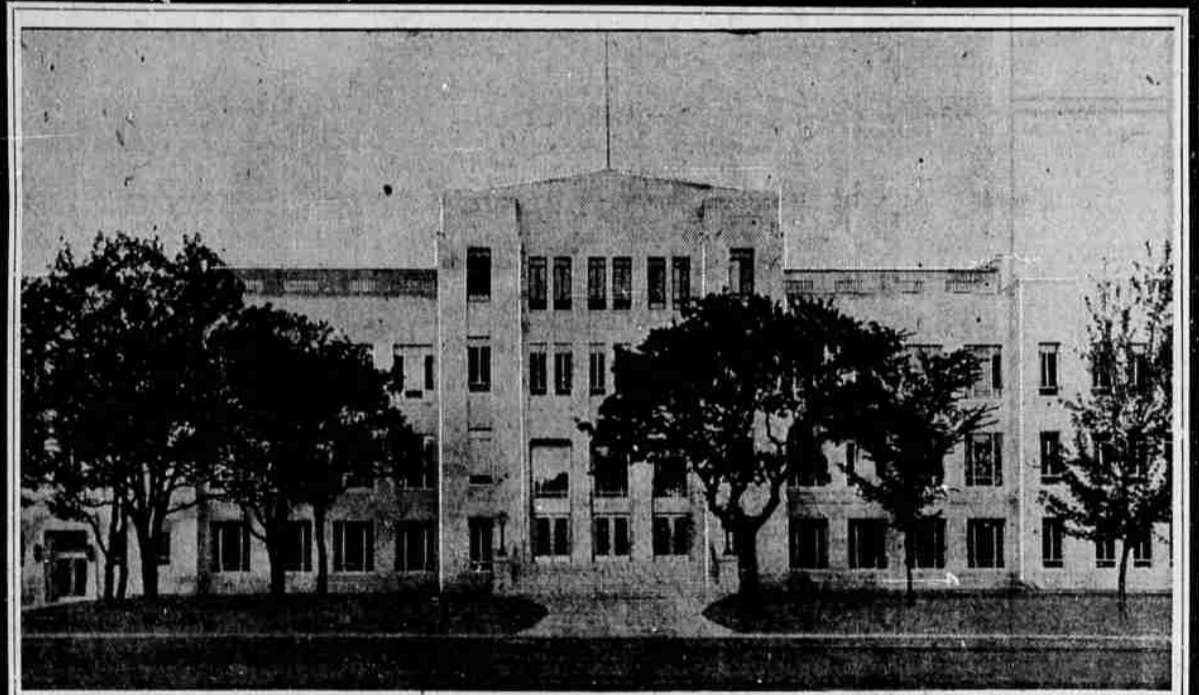
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Emil Mohr, Manager - Hotel Medford

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