

SOUR MILK, CREAM PROVE USEFUL IN HOT WEATHER DIET

Lactic Acid Which causes Souring Is Aid to Digestion — Sour Cream Adds Richness in Baking.

In midsummer heat there is likely to be more sour milk and sour cream than at other seasons. Fortunately these are foods that fit the summer appetite.

Sour milk and sour cream are good foods at any time. They should not be too sour, of course. Use them at the right stage. But sour milk, says the Bureau of Home Economics, has all the fine food values the same milk had when sweet, and these values are, for the most part, the kind that are not easily destroyed by cooking. So you get them in biscuits or cookies made with sour milk, or in delicious muffins or waffles, gravies, sauces or pies made with sour cream, as well as in the ice-cold buttermilk that is so refreshing on a hot day. As for the lactic acid bacteria that cause the souring, they merely help along the process of digestion.

Many dairies sell buttermilk, some of them manufacture it. They do this by "ripening" raw or pasteurized milk, skimmed or unskimmed, with "starters," which really are cultures of lactic acid bacteria. The curd is then stirred until it breaks into fine particles, as when churned.

Clabber Old Delicacy
Then there is clabber—smooth, tender and jellylike when the milk is in the early stages of souring. Clabber is a favorite for breakfast down on the farm. Or for supper. Or between meals for children with a little soft sugar and cream. The youngsters, remembering Little Miss Muffet, may call it "curds-and-why."

Some city stores sell delicious sour



All you Need!

For a refreshing, delicious, easy-to-serve SLOE GIN RICKEY

Squeeze half a lime (or quarter of a lemon) into Rickey glass; add 1/2 oz. of Lyons Sloe Gin; cube of ice & seltzer.

LYONS SLOE GIN
THE E. G. LYONS & RAAS CO.
New York San Francisco Los Angeles
PRODUCERS OF THE FAMOUS LYONS BELVISTA WINES

\$1.35 a Fifth

From New Orleans

comes a famous Old Southern Cake Recipe which is indeed a revelation. Its outstanding goodness is typical of the fine foods which the old Southern Aristocrats loved so well.

Imagine a Chocolate Fudge Cake, liberally filled with Walnuts, and totally different from anything you've had before—then topped with a specially prepared Fudge Icing also filled with Walnuts—and you have just an inkling of what this cake is like—and no description can do it justice.

Large Size—3 layer
49c ea.

Half Size—generous size
25c

Remember when you are planning your week-end outing that we have the finest and largest assortment of cakes and pastries in Southern Oregon.

Fluhrer's

TUNA SOUFFLE



One of the economy foods which lends itself to so many different dishes is White Star Tuna. Used as a main dish, a salad, or a sandwich, it finds its way to the table many times during the week.

cream, at just the right stage of sourness, to serve as salad dressing—just the thick sour cream, by itself. Try this on a salad of chopped raw vegetables—cabbage, cucumbers, radishes, and young onions, or what you will. And try it with cottage cheese, pouring it over the cheese to make it richer, smoother, and more tasty.

Sour cream muffins or waffles are famous for their richness and flavor and a delicate brown crust that makes them particularly tempting. The sour cream takes the place of the milk in the usual recipe, and supplies some of the shortening—all of it if the cream is rich enough. Cakes and cookies are excellent when made with sour cream.

Makes Fine Gravy

Sour cream gravy is another luxury, especially with fried chicken. But, lacking sour cream enough to make the gravy, add even a little to milk gravy, or add it to the white sauce with creamed chicken. Another suggestion: make a little gravy from the fryings of fried potatoes, using sour cream in that.

With vegetables—snap beans and spinach especially—a sour cream sauce is good. Make the sauce with the cooking liquid from the vegetable, and after it is thickened and seasoned, add the cream, then add the cooked vegetable, and heat slowly in the sauce for a few minutes. To season the sauce, use chopped onion and chopped parsley browned in butter, and if you like the "sweet-sour" flavor use a tablespoon each of vinegar and sugar.

Fish baked in sour cream is a treat when you have enough sour cream. Use fillets of haddock, halibut, or some other dry meat, non-ony fish. Put the fillets in a well-greased, shallow dish pan, salt them, and put them in a very hot oven for about 5 minutes. Then add sour cream to cover the fish, sprinkle dry bread crumbs over the top, and bake at moderate temperature until the fish is tender and the crumbs are brown. Veal chops may be cooked in this same way—pan-broiling first, however, then baking in the sour cream, to make them richer and give them more flavor.

Sour Milk Long Used

Fermented milk, either in liquid form or made into cheese, have been a standby of the human race from early times. There was no way to keep milk sweet in those days—and so the

1/4 teaspoon cinnamon
1/2 teaspoon cloves
2 eggs
1 cup seedless raisins
1 cup sour cream
1/2 teaspoon salt
3 tablespoons vinegar
Pastry

Mix the sugar and spices, add to the beaten eggs with the raisins, cream salt, and vinegar, and beat well. Pour the mixture into a deep pastry lined pie pan, add the top sheet of dough, and bake in a moderate oven (350 degrees F.) until the crusts are golden brown.

Oak Grove

OAK GROVE, July 26.—(Sp.)—Mr. and Mrs. J. T. Merriman left for their home in Oakland, Calif., Saturday, after a month's visit with Mrs. Merriman's sister, Mrs. W. P. Elson on Jacksonville highway.

Miss Edna Brewold returned Wednesday from Charleston, S. C., where she was a delegate to the Luther League convention. She returned by the southern route and while in California attended the fair at San Diego. Miss Brewold has resumed her work as a beauty operator in Vi's Beauty parlor.

L. H. Anderson, father of Mrs. Vandever, left Tuesday for Spokane where he will visit his son. From Spokane he will go to Kellogg, Idaho, where he will visit another son and a daughter.

Oak Grove Neighborhood club enjoyed a picnic at Jackson Hot Springs Wednesday. A business meeting was held and Mrs. Clair Shore was elected president to succeed Mrs. W. H. Roberts. Mrs. A. Brewold was elected secretary-treasurer to succeed Mrs. J. S. Lundy. The next meeting will be held Aug. 7 at Mrs. Clark's.

Mr. and Mrs. W. P. Elson are leaving today for a week's vacation. Earl Brewold and his cousins Henry and Arthur Hestager of Klamath Falls and Miss Margaret Coprin of Luraville, Calif., spent the week-end at the home of A. Brewold on Jacksonville highway.

Mr. and Mrs. P. J. Kirkpatrick had as their dinner guest Thursday, Mr. and Mrs. Hubert Dehaas.

Mr. and Mrs. C. P. True had as their guest over the week-end, Mrs. True's cousins, Mr. and Mrs. Harry Kibborn, of Oakland, Calif., who stopped enroute to Portland on their wedding trip.

Mrs. Harold Bander and small daughter Carol Joan left for their home in Eugene after a visit at the home of Mr. and Mrs. P. C. Sander. Irene and John Brewold and their sister, Mrs. Barcus and small daughter and Martin Kabele and Helen Skjerveas are leaving today to spend the day at Crater lake.

CIVIL SERVICE PLACES OPEN ON EXAMINATION

Civil service positions including specialists in maternal and child health, pathologist, alphabetic accounting machine operator, educational, narcotic agent and poultry aids, are open through competitive examination, according to Earl York, secretary of the local civil service board of examiners, from whom full information may be secured at the post office.

Starts Campaign for "Chest" CINCINNATI (UP)—Cincinnati's community chest goal of \$1,800,000 is being sought by 3,000 solicitors.

MAYOR PROMOTES 'GOOFY' CONTESTS; TAXPAYERS LAUGH

SEATTLE (AP)—Mayor "Chuck" Smith, whose official acts have included promotion of the "hillest series of races in the world," believes the taxpayers appreciate a little fun.

It seemed odd to the customers when dignified Charles Louis Smith, former lawyer, corporation counsel, football hero, captain of field artillery, noted for law enforcement and economy, who wouldn't kiss an opera star, sponsored a "ringbone derby" in which a number of the most decrepit nags in the world tottered around a racetrack as thousands laughed.

It was worse when he fostered and abetted a "put out the cat derby," in which night shirted gentleman carrying lighted candles sprang from bed in the presence of 6,000 onlookers and hurled calico cats into an ice wagon.

"They laughed when I sat down to germinate nutty derbies," says the mayor, "and they laughed when the derbies were run. So we are going to have more. You think there is no sense to them? There is. They are all being held in city parks. The taxpayers aren't to pay for them, but only for the children have been getting anything out of them. May we our races are goofy, but if you get 6,000 taxpayers to come out and get some benefit and a lot of amusement out of their own parks, is that so stupid?"

The mayor is stocky and modest. He favors having everybody printed to help identify criminals, says Seattle has the lowest per capita cost of city government in cities of similar size in the United States, intends to keep it that way. He likes an efficient police force. When he was dissatisfied with things during the Pacific coast general waterfront strike, he led the entire police in driving hundreds of pickets from the waterfront, with tear gas, and was gassed himself.

Moscow Opens Reading Room

MOSCOW—(UP)—A special musical reading room, containing the best known classical compositions, as well as various musical instruments, has been opened in the Moscow Central Park of Culture and Rest, named after Maxim Gorki.

Meteorological Report

July 26, 1935
Forecasts
Medford and vicinity: Increasing cloudiness tonight and Saturday; no change in temperature.
Oregon: Increasing cloudiness and light showers on coast tonight and in northwest portion Saturday; slightly warmer interior of northwest portion tonight.

Local Data

Temperature a year ago today:
Highest 85; lowest 54.
Total monthly precipitation, .03 inches. Deficiency for the month, .03 inches.

Total precipitation since September 1, 1934, 18.17 inches. Deficiency for the season, 1.56 inches.

Relative humidity at 5 p.m. yesterday, 27 per cent; 5 a.m. today, 75 per cent.

Sunrise tomorrow, 4:59 a.m.
Sunset tomorrow, 7:35 p.m.

Observations Taken at 5 A.M., 120 Meridian Time

CITY	High Temp.	Low Temp.	Wind	Weather
Boise	82	60	02	Clear
Boston	78	66	T.	P. Cdy.
Chicago	84	72	32	P. Cdy.
Denver	94	68	—	P. Cdy.
Eureka	60	—	—	—
Helena	84	—	—	—
Los Angeles	78	60	—	Clear
MEDFORD	88	54	—	Clear
New York	44	70	44	Cloudy
Omaha	94	72	—	Clear
Phoenix	110	78	—	Clear
Portland	70	54	—	Cloudy
Reno	82	50	—	Clear
Roseburg	68	58	—	Cloudy
Salt Lake	84	68	—	Clear
San Francisco	60	52	—	P. Cdy.
Seattle	62	52	—	Cloudy
Spokane	64	54	—	P. Cdy.
Walla Walla	86	62	—	P. Cdy.
Washington, D.C.	90	74	30	Cloudy

CRATER LAKE POEMS DEDICATED TO STEEL

It was reported from Crater Lake National park today that Ernest G. Moll, a member of the faculty of the University of Oregon, who is affiliated with Crater Lake National park service during the summer, has just made available a book of 24 poems entitled "Blue Interval."

The poems, limited to five lines each and all descriptive of Crater lake and the national park, are illustrated by sketches drawn by eastern artists. The book is dedicated to the

Col. House Rounds 77th Milestone

MANCHESTER, Mass., July 26.—(AP)—Col. E. M. House, adviser of former President Woodrow Wilson today observed his 77th birthday anniversary in good health.

He planned a quiet observance, motoring to Wenham for dinner with his son-in-law and daughter, Mr. and Mrs. Randolph Tucker, as has been his custom during the last few years.

Use Mail Tribune want ads.

LET BEALL SUPPLY YOU WITH METAL TANKS

for Every Purpose

- * FUEL STORAGE TANKS
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ARE YOU re-equipping, remodeling, putting in an oil burner, or storing gas or oil for your automotive equipment? BEALL Tanks are made of the finest metal, and are treated with rust-resistant paint. Beall Tanks last longer, yet cost no more. Be sure to specify BEALL when ordering a tank.

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HEAVENLY MOMENTS

"Gee, did Mother make 'em ALL tuna?"

Boys (and girls, too!) never seem to tire of White Star Tuna sandwiches for their lunches. Give them all they want, for White Star Tuna is good for them... provides the "food energy" that youngsters need for school work or play. It's an easy-to-digest food that doesn't make young bodies "logy" after lunch. White Star Tuna contains Vitamins "A" and "D," calcium, potassium, phosphorus, and iodine, that effective preventive of nutritional goiter.

for 22 years America's favorite, because only the delicate, tender, delicious light meat is packed.

CLICQUOT CLUB GOES Further!

Two FULL PINTS or FULL QUARTS give you enough EXTRA ginger ale to make an EXTRA DRINK!

NO "BOTTLE-BOTTER" NO DEPOSIT NO RETURNS

Clicquot's pints and quarts are actual pints and quarts. And the 8 full ounces extra in every two bottles makes an extra drink!

Clicquot Club is made with natural, pure water from the earth's deep rocks. Pure, mild, not purified! Its mellow, gentle flavor comes from Jamaica's prime ginger blended with aged taste-heighteners. The buoyancy... the sparkle that lasts long after the cap is loosened... comes from carbonation under refrigerated pressure! Order Clicquot today... There's a dealer near you.

A PINT IS 16 OUNCES

And a full quart is 32 ounces. All ginger ale manufacturers must print net bottle contents on the label. Look before you buy, and get your money's worth!

Clicquot Club PALE DRY

Try Clicquot Club Sparkling Water "Boda"

SCHUSS Vintage Co.

The Home of FINE WINES BEERS and MIXERS

The greatest compliment any one can receive is when your friends come back for more. That's what our friends are doing, after we have sold them a bottle of our "Finest Quality Wine" or "German Lager Beer". If you haven't tried our Wines or Beers, there is a real treat in store for you—and the cost is so reasonable, you will be surprised.

Tornberg's Genuine Porter 7 bottles for 95c \$2.95 per case	Old German Lager Beer 8 bottles for 93c \$2.75 per case	Tornberg's Genuine Ale 7 bottles for 95c \$2.95 per case
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BULK SWEET WINES

(Bring your own container)

"Dux" Fine quality (guaranteed not less than 3 years old) 1 gal. for \$1.65 1/2 gal. for .85 Qts. for .45	Your Choice of PORT SHERRY MUSCATEL ANGELICA or TOKAY	"Bisceglia's Finest" Extra fine quality (Guaranteed not less than 5 years old) 1 gal. for \$1.95 1/2 gal. for 1.00 Qts. for .55
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BULK DRY WINES

(Dux Brand)

(Red) Zinfandel, gal. \$.89 Burgundy, gal. 1.10	(White) Sauterne, gal. \$ 1.25 Reisling, gal. 1.25
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SPARKLING DINNER WINES

(Champagne Type)

Your choice of Burgundy—Sauterne—and Moselle

Pint size bottles **95c each** Quart size bottles **\$1.75 each**

Always the BEST at LOWEST Cost to You

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