

CARE IS REQUIRED IN PEACH CHOICE AS LOOKS DECEIVE

Federal Bureau Gives Hints On How To Select Fruit—Various Ways Of Serving For Variety Listed.

By U. S. Bureau of Home Economics. It's peach time again. This down-skinned fruit in most parts of the United States started out this year under such auspicious circumstances that agricultural economists and fruit men looked forward to the largest crop since 1931—which was a great peach year.

In the ten southern states where the crop is now being harvested, however, freezes cut production to 28 per cent below average. The result is that June forecasts for the nation as a whole were that the crop total would be slightly below the 5-year average—1928 to 1932.

Nevertheless, the nation's market baskets will doubtless contain goodly supplies of peaches especially through out July and August. Appearance Deceptive. Some shoppers may need be warned that the peach is the gay deceiver of the fruit world. It may wear a lovely red blush and yet be so immature that it never will ripen but will shrivel first.

On the other hand it may seem hard to pressure, yet be almost ready to be eaten, for some varieties ripen from the pit out. It's not the blush nor the lack of blush—nor the hardness—that tells the tale. It's the background color. After the green of the unripe peach starts to "break", as orchardists say—after the white or the yellow of the mature fruit begins to develop—then the peach is a safe buy. Before that it may shrivel before it ripens.

A peach of fine quality should have a fresh appearance and be practically free of blemishes. One with a bruised spot will likely have a good deal of waste to it—more than might be expected from size of the soft spot on the surface. Underneath a large bruise is pretty sure to be a soft discolored area. It is almost impossible to ship peaches without some bruising, however, so that you have to be philosophical about a little of it.

Brown Rot Scourge. Another thing to beware of is the peach that shows signs of brown rot, arch enemy of the peach orchard, especially in the humid sections of the east and southeast. The first sign of brown rot is a tiny speck on the fruit. This speck develops rapidly into a large spot, beneath which the flesh is deeply affected. You get a peach with a small spot of this fungus disease and in a half day—if heat and moisture conditions are right—there may not be an edible part left. The disease spreads like wildfire, to curse not only the growers but also the shippers and the market men.

Over-ripe, soft peaches are not usually an economical buy at any price, as they bruise easily and decay rapidly. Small punctures with gum oozing from them should make one suspicious of worm injury. Your wormy peach is usually softer than the average sound one and appears prematurely ripe. Advised for Diet. Fruit has an important place in almost every diet worked out by nutritionists. In "Diets to Fit the Family Income" recently published by the bureau of home economics, 9 to 10 servings a week of fruit are recommended for a liberal diet—and those in addition to the daily serving of tomatoes or citrus fruit. For the moderate-cost adequate diet, these nutritionists recommend one serving daily of fruit in addition to the citrus-fruit or tomatoes daily serving. And for the minimum-cost adequate diet, the recommendation is "one serving daily of fruit or an additional vegetable"—still supplementing the citrus fruit or tomatoes.

Naturally, not all fruits are equally valuable dietetically. Peaches, however, have significant virtues beyond their pleasing flavor. They are a good source of vitamin C and a fair source of vitamin B. And the yellow fleshed peaches are excellent sources also of vitamin A. As to ways of serving peaches, it's hard to beat them raw, either with or without cream. And of course, that's the way to eat them to get the full benefit of their vitamin content. But any cook likes some variety in her menus. So there are times when she scouts about for other ways of serving this fruit. That's the time to put some of it into raw peach pie or tart, peach cobbler, dumplings or puddings. Peach fritters are greeted with enthusiasm in the average American family.

Good for Salads. Then there are ice cream and sherbet. A little lemon juice—say a tablespoon to 2 or 3 cups of sliced peaches—gives character to an ice cream which might otherwise be a bit bland for general taste. In salads, peaches combine nicely with other fresh fruits, nuts, cream cheese, dates and figs. Grind up some figs, dates, and nuts—moisten with cream or dressing and put a spoonful of the mixture in the center of your peach halves in their lettuce nest and you have a salad that is good to look at—still better to eat. Another attractive salad is made by filling the center with a cottage cheese-nut mixture and then putting on the top a salad dressing into which has been mixed sliced raspberries. The green of the lettuce leaf, the pale yellow of the peach, and the violet of the raspberries in this combination would give a festive air to the simplest dinner. In whatever role the peach appears at its best it has a texture and flavor that commends it to all but the most jaded appetites.

Motor Cruising for Fun

New North Santiam Highway Provides Entertaining Vistas and Easy Access to Cascade Lakes from Willamette Valley



Inviting pools and riffles tempt the angler along the new road; inset, the motorlog car at Suttle lake resort

This newspaper is co-operating with the Oregonian in presenting a series of motorlog cruises under the title "Motor Cruising for Fun." It is hoped thereby to stimulate travel in the Pacific Northwest. The following article has been condensed from a full-page article appearing in The Oregonian on July 5.

BY HERBERT S. LAMPMAN Staff Writer, The Oregonian

Oregon's incredible Cascade lakes are moved half a hundred miles closer to Portland with the opening of the North Santiam highway. Though that winding thoroughfare isn't officially completed, The Oregonian-Oregon State Motor association cruise car managed to cover it without difficulty recently following a visit to Suttle lake.

Barring a brief detour—which was temporarily rendered difficult by intermittent rain squalls—the highway is not only passable but unique in its beauty. The new shortcut to Suttle lake, as good a headquarters as any in the region, brings that vacation spot within 139 miles of Portland. Compare that mileage with the old route through Raymond via Wapinitia cut-off. That route totals 210 miles on anybody's speedometer.

It will probably be several months before the North Santiam route is cleared to fast tourist travel, but it will be available this summer and can be traveled with a minimum of difficulty.

Loop Trip Made. The cruise car made the big loops from Portland to Bend and then up to the lake. The Portland-Bend highway needs no description and the road from Bend to the lake is as broad and smooth as a ballroom floor.

Like most of these mountain resorts, Suttle lake is girdled with trails and with a road that circles the area. If you wish to try your hand at riding, horses are available a short distance away. One charm of the place lies in its proximity to other recreational areas. It is only six miles from the Metolius river—a famed stream where big rainbows may be taken—and only a scant dozen miles to the lake's lake, headwaters of the McKenzie river.

The fishing at Suttle lake isn't of the best, although the lake is fairly well stocked. Fish are small. The lake is stocked with rainbow, eastern brook, Williamson's white-

fish and land-locked silverside salmon measuring seven inches. When we left Suttle lake we turned the car onto the North Santiam highway and turned in a well out of the bank of the Cascade range in a lazy fashion forming a pool some 40 feet across. In other years this lake was attainable only by dint of driving over an extremely difficult route to Fish lake and walking the remaining two miles to Clear lake. We drove to Fish lake over a narrow but excellently kept road and continued on, over the same surface, to Clear lake, where we met Ted Rodman, state police game warden, and Captain Charles McClees, chief of the game division of the state police.

Captain McClees insisted that we row across the upper end of the lake and see for ourselves the vast pool is," asked Rodman. "How deep do you think that pool is?" "About 10 or 11 feet," we chorused. "Well, it's exactly 28 feet deep—I measured it yesterday," he replied. The water, clearer than the clearest of glass, magnified every object on the bottom until you'd have sworn that it was less than 12 feet deep. Some idiot had tossed an empty tomato can into the center of the pool. It looked as big as a cookie tin of 30-gallon capacity.

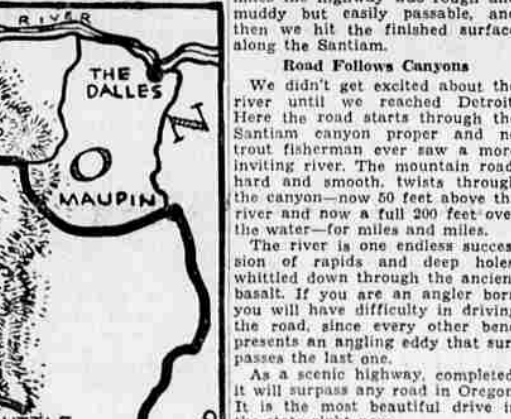
Then we set forth again en route to Portland. The highway was broad and fast for a dozen miles, and then we hit the only rough perhaps 600 yards. For 10 or 12 miles the highway was rough and muddy but easily passable, and then we hit the finished surface along the Santiam.

Road Follows Canyons. We didn't get excited about the river until we reached Detroit. Here the road starts through the Santiam canyon proper and no trout fisherman ever saw a more inviting river. The mountain road, hard and smooth, twists through the canyon—now 60 feet above the river and now a full 200 feet over the water—for miles and miles. The river is an endless succession of rapids and deep holes, whittled down through the ancient basalt. If you are an angler born you will have difficulty in driving the road, since every other bend presents an angling eddy that surpasses the last one. As a scenic highway, completed, it will surpass any road in Oregon. It is the most beautiful drive in the state right now.

The road follows the river down the west slope of the Cascade range in a grade that is an engineering masterpiece. The slope is so gradual that you won't even notice it for many miles unless you observe that the car's motor is "lazing along" under semi-compression. Suddenly you bounce out at Station, surrounded by some of Oregon's most beautiful farm country, and thence to Salem and so to Portland. It is a drive you might make on any Sunday, over a highway that drops you into the lap of tall pines and sagebrush in a space of little more than four hours.

league game between Washington and the Boston Red Sox. John Letticken had the misfortune to lose a valuable pup last week. It ran in front of the moving machine and its legs were cut off. The animal was shot. A daughter was born to Mr. and Mrs. Delbert Reardon of Cave Junction June 18. She has been named Donna May. Mrs. Reardon will be remembered as Sylvia Venell. Old Sol, repeating neglect of duty and the frosts just a short time ago, sent the thermometer up to 102 degrees Monday afternoon. Mr. and Mrs. Ben Letticken have sold their house at Provost to Sam Letticken and have purchased a small house in Grants Pass, where they are now living. Mr. and Mrs. A. B. Collett left last week for a visit with relatives in Iowa until September. Mr. Collett is principal of our school again for the coming year. Williams Ladies' club met with Mrs. C. W. Reynolds last week. They came at noon bringing a potluck lunch which was spread on a long table in the parl and enjoyed picnic style. There were 36 present. After a short business meeting the afternoon was spent with readings and singing. The next meeting will be with Mrs. Swearingen. Ralph Minter, son of Mr. and Mrs. George Minter who have purchased the old McCuin place, is here with his parents. Mr. Minter's father is also here to make his home.

Williams Creek. WILLIAMS CREEK, July 6.—(Sp.)—Mr. and Mrs. Pinniger of Toledo, Ohio, who have been visiting their son Jim, of the Oregon Lumber Products Co., and another son, Harry, of Grants Pass, returned home Sunday. Their sons and families accompanied them as far as Portland. Men at the plant, except quarry men, have been laid off for more improvements and repairs. They have a payroll of around \$1000 per month. A. O. Edwards has purchased a Graham-Paige car. His Chevrolet coach went out of control on the Warner hill last week but did not entirely leave the road so an accident which seemed inevitable was avoided. Romie Holzhofner drove 25 head of cattle up East Williams creek to pasture on forest reserve land last week. Fred Lickens also has taken



Map shows route covered by motorloggers

17 PWA PROJECTS DUE FOR FEDERAL OKEH IS OUTLOOK

Plans Involve Grants Of \$373,844, Loans Of \$39,500—Improvement Of Schools Large Portion

WASHINGTON, July 6.—(AP)—Public works administration officials said today they believe 17 Oregon projects, involving grants of \$373,844 and loans of \$39,500, will receive presidential approval under terms of the administration's agreement with congress on future relief work.

The project list includes: Four projects designed to relieve hazardous conditions in school buildings, federal allotments of \$104,407, toward a total construction cost of \$227,017. Bonds have been voted to finance some of the local co-operative costs. Thirteen other jobs for which bonds have been voted by states, counties and municipalities, federal allotments of \$249,437 and a loan of \$39,500 toward total construction costs of \$388,750.

To Aid State Building. The administration intends to recommend to the president a grant of \$450,000 to the state for the construction of state highway and library buildings at Salem. The officials said 53 other projects for which the federal government has been asked to contribute \$1,906,761 and loan \$220,500 of the total cost of \$4,229,756 were placed tentatively on the eligible list before the president signed the new relief bill last Wednesday. The Oregon capital projects are in this class.

Projects Listed. PWA listed the following hazardous school projects, the amount of the grant asked and the total cost of the work as among those almost certain of final approval: Clackamas county, \$3,772 and \$8,382; Roseburg, \$44,181 and \$98,181; Portland, \$71,880 and \$159,230; Gilbert Station, \$32,727 and \$72,727. Among projects for which bonds have been voted are: Huntington municipal improvement, \$7,000 loan, \$5,727 grant toward \$12,727; Elgin waterworks improvement, \$10,000 loan, \$8,181 grant toward \$18,181; Huntington municipal building, \$4,500 loan, \$3,970 grant toward \$8,470; Reedsport school addition, \$7,413 grant toward \$16,474; Sandy waterworks, \$19,000 loan, \$14,727 grant toward \$33,727; Independence high school addition, \$18,000 grant toward \$40,000; Jefferson, \$21,727 grant toward \$32,727; Independence gymnasium, \$18,000 toward \$40,000; Coquille gymnasium, \$18,409 toward \$40,000; Multnomah county water-main, \$9,818 toward \$21,818; Klamath county school addition, \$34,000 toward \$120,000; Beaverton school, \$31,500 toward \$70,000; Toledo water-works, \$58,092 toward \$129,092.

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Meteorological Report

July 6, 1937 Forecast. Medford and vicinity: Fair tonight and Wednesday. Warmer Wednesday. Oregon: Fair tonight and Wednesday; warmer in interior Wednesday. Moderate north wind off coast. Temperature a year ago today: Highest, 81; lowest, 51. Total monthly precipitation none; deficiency for the month, 0.10 inch. Total precipitation since September 1, 1936, 16.55 inches; deficiency for the season, 1.03 inches. Relative humidity at 5 p. m. yesterday, 35 per cent; 5 a. m. today, 91 per cent. Sunrise tomorrow, 4:43 a. m. Sunset tomorrow, 7:49 p. m. Observations Taken at 5 a. m., 120 Meridian Time.

Table with columns for CITY, High Temp, Low Temp, Precipitation, and Weather. Rows include Boise, Boston, Chicago, Denver, Eureka, Helena, Los Angeles, MEDFORD, New York, Omaha, Phoenix, Portland, Reno, Roseburg, Salt Lake City, San Francisco, Seattle, Spokane, Washington, D.C., and Yakima.

20,000 WITNESS BAKER AIR SHOW

BAKER, July 6.—(AP)—Twenty thousand eastern Oregonians watched the Oregon air circus wing in from Bend to take part in Baker's annual mining jubilee yesterday and prepare to hop off for Ontario today.

The air fleet participated in dedication ceremonies at the new airport. And it's an airport with "gold trimmings." WPA workers found gold while excavating for a runway last week and a single shovelful netted 60 cents. Dr. Paul Sharp of Klamath Falls maintained the lead in the sportsmen pilots' navigation contest for the three hope thus far in the tour from Bend to take part in Baker's annual mining jubilee yesterday and prepare to hop off for Ontario today.

Brownsboro

BROWNSBORO, July 6.—(Sp.)—Overnight guests at the home of Mr. and Mrs. Ed Tucker recently were Mr. and Mrs. John McArthur of Crescent City. Other guests at the Tucker home were Mr. and Mrs. Wm. Morris of Central Point.

Mrs. Keen and children of Medford are spending the summer in the Wright cabins. Mr. and Mrs. Lester Marshall, Lois and Billy Wright and Lindsay Tibbets climbed Mt. Pitts June 27. They spent Saturday night camping at Short Creek and returned home Sunday evening. Chas. Craig came out from Medford Sunday and had his birthday dinner with his parents, Mr. and Mrs. Ed Craig. Mr. and Mrs. Stevens of Los Angeles, Calif., spent the Fourth at the home of Mr. and Mrs. Walter Marshall. They and the Marshalls spent the day picnicking at the forest service camp. Summer Storage. Expert care and adequate insurance. ARTISTA FUR SHOP 228 W. 6th. Phone 694. Use Mail Tribune want ads.



This year come to Canada for an ideal vacation. Revel in the thrill of new things, and the charm of different customs. High up in the Canadian Rockies enjoy the luxury of attractive lodges, know the world-over for excellent service, or the genuine comforts afforded by Mountain Lodges, at different scenic points in this great mountain region. Every vacation activity is available here—an outing long to be remembered by every member of your family. Long-stay and family rates are offered at the following resorts:

BANFF SPRINGS HOTEL. A beautiful hotel overlooking beautiful Bow Valley. Alpine climbing, finest mountain golf course in America, bathing, hot sulphur springs, fishing. Rates as low as \$6.50, European plan. CHATEAU LAKE LOUISE. Facing Lake Louise and the Victoria Glacier. Alpine climbing, Swiss guides, swimming, boating, fishing. Rates as low as \$6.50, European plan. EMERALD LAKE CHALET. On Emerald Lake in a glorious setting, spacious club house, paneled cabins, electric lights, hot and cold running water. Rates from \$7, including meals. CANADIAN ROCKIES LODGES. Rustic cabins at Yoho Valley, Lake Wapiti, Lake O'Hara, Moraine Lake, Radiant Hot Springs. Rates \$5 per day, including meals. If you plan to drive, ask your Auto Club Travel Bureau, or our local offices for "Mounting in Canada" and other illustrated literature. To lengthen your vacation, travel by train at Low-Cost Summer Rates. Ask about "42 Days' Train in the Canadian Rockies." W. H. Deacon, Gen'l Agt., Passenger Dept. 6165 W. Broadway, American Bank Bldg. RR 6057, Portland.

Advertisement for Hadley's Cinderella Shop. Features: 'NOW—A REAL SHOE SALE', 'Over 600 pairs of white and colored ties, pumps, straps, sport oxfords and sandals go on sale Wednesday, July 7th at 8:30 a. m. All new 1937 patterns! (No old self-worn styles)', 'All \$2.95 Values Now', 'All \$3.95 Values Now', '\$1.95 Pair', '\$2.95 Pair', 'PARIS FASHION SHOES', 'IN THIS SALE', '2 Big Groups to Choose From', 'Sizes to 9', 'AAA to B', 'Hadley's Cinderella Shop', '44 So. Central Avenue'.

BOY SCOUTS SEE BLIMPS, PLANES OVER JAMBOREE

(By Frank King) WASHINGTON, D. C., July 1.—(Special Correspondence)—On Tuesday the additional boys needed for a full Jamboree troop arrived from the Cascade area council. Most of the boys came from Salem or Albany.

The Goodwill blimp "Enterprise" has been seen above us for the last few days. It takes passengers up for half an hour. The camp is located in front of the Washington airport and planes of all kinds are always flying low over our camp. After lunch all the boys of the section go "trading." Almost everything is traded from Michigan and to souvenir pieces from Atlantic City's famous board walk. Neckties and autographs are the favorites, however. Showers are always an afternoon occurrence.

In the evening most of the boys go to the trading post for soda fountain drinks or pasticcini. We go to bed about 10 o'clock and our beds are really comfortable. Wednesday morning all the boys went to the section doctor at our camp. Then we met at our sectional headquarters and the section head, Mr. Pinniger, addressed us. After three bombs were fired the leaders raised the flag which signified the opening of the Jamboree. At noon a 60-piece Scout band from Wisconsin passed down Mount Vernon avenue, the street on which we are located.

The afternoon held a great treat for the boys. We got to see the big

league game between Washington and the Boston Red Sox. John Letticken had the misfortune to lose a valuable pup last week. It ran in front of the moving machine and its legs were cut off. The animal was shot. A daughter was born to Mr. and Mrs. Delbert Reardon of Cave Junction June 18. She has been named Donna May. Mrs. Reardon will be remembered as Sylvia Venell. Old Sol, repeating neglect of duty and the frosts just a short time ago, sent the thermometer up to 102 degrees Monday afternoon. Mr. and Mrs. Ben Letticken have sold their house at Provost to Sam Letticken and have purchased a small house in Grants Pass, where they are now living. Mr. and Mrs. A. B. Collett left last week for a visit with relatives in Iowa until September. Mr. Collett is principal of our school again for the coming year. Williams Ladies' club met with Mrs. C. W. Reynolds last week. They came at noon bringing a potluck lunch which was spread on a long table in the parl and enjoyed picnic style. There were 36 present. After a short business meeting the afternoon was spent with readings and singing. The next meeting will be with Mrs. Swearingen. Ralph Minter, son of Mr. and Mrs. George Minter who have purchased the old McCuin place, is here with his parents. Mr. Minter's father is also here to make his home.

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Advertisement for Lost River BUTTER. Text: 'Insist On Delicious Lost River BUTTER'.

SMITH WILL CONDUCT THIRD SUMMER CLASS. Third annual summer school course on the Great Pyramid will start tomorrow at Tah-Wah-Wi, three miles north of Rogue River on Evans creek under the direction of Mr. and Mrs. Ward Smith, noted writers and lecturers. The course will include as subjects, the Great Pyramid, Bible wisdom and prophecies, Vedic scriptures, ancient practices of the sons of E-O-IH, the nine entities, Wisdom of Zarathustra (Zoroaster), Brahma and Gautama Buddha. Mr. Smith lectured for the master, Mason in Medford last January.

Advertisement for SWEM'S KODAKS. Text: 'FINER FILM FINISHING', 'Free developing, better prints, quicker service', 'In by 11—Ready at 5', 'SWEM'S KODAKS'.

Advertisement for Hotel Cornelius. Text: 'Feel at Home in "The Heart of the City"', 'Comfort—Convenience', 'Courtesy—Service', 'Attractive Rates: Detached bath—\$1.00 up, With bath—\$1.50 up', 'BEN O. GRIMSON Mgr.', 'Park Ave Hotel, 823 S.W. Park, Portland'.