

### Presbyterian College Class To Have Swim

Presbyterian church college age group will have a swimming party at the George Flanagan pool Friday, July 11, at 5:30 p.m.

Mr. and Mrs. Art Suelz, leaders of the group, expect an attendance of about 30. A potluck supper will be served. John Dellenbeck and Duke McQueen, teachers of the college age class, are among those who will attend.

**"IT'S THE WATER" THAT MAKES OLYMPIA BEER ALWAYS RIGHT FOR SUMMER REFRESHMENT. KEEP A SUPPLY FOR YOUR GUESTS.**

OLYMPIA BREWING CO., Olympia, Wash., U.S.A.

## Feeding the Family

By Zola Vincent  
Food Editor

Lucky are we who are privileged to live on the west coast which provides such a wealth of seasonal good things, fresh from nearby orchards, berry farms and melon acreage. Much of this bounty is ours within hours of harvesting. We get it at its best, thanks to the ingenuity and resourcefulness of our local fruit men who buy, merchandise, handle and sell it in a highly competitive market. It is doubtful if consumers anywhere else in the United States enjoy such consistently low prices on "perishables."

### Handle With Care

We've said it before and we're going to say it again, "the less the consumer handles fruit, berries and melons when purchasing, the longer their life, the lower the prices."

### Summer Market Survey

Apricots which date back to the days of the ancient Persians are a delicacy sure to be enjoyed. Golden yellow color, plumpness and firmness are indications of quality. Handle with

care always since they decay quickly, lose flavor. This year's crop is 24 per cent below the average which means that prices are likely to remain comparatively high. June and July are their peak season.

**Avocados.** This year's crop is a record breaker. No longer a luxury, avocados continue abundant with about 5/6 of the total national crop grown in California. There are many ways of using them, but none superior, we think, to serving them on the half shell simply with salt and lemon juice.

**Berries of All Kinds.** Ah! Here is where we really shine! Blackberries, blueberries, currants, gooseberries, raspberries and strawberries are in their peak season. Boysenberries, loganberries and young berries are in good supply. Enjoy them in some form every day. This being National Dairy Month, there is no better way of serving berries than with cream, ice cream or custards.

**Cantaloupes.** This year's arrivals are fairly bulging with fragrant, juicy sweetness and the size of the crop, though late, is 'way above average. Weight-watcher will especially welcome the cantaloupe season because cantaloupes are low in calories yet very, very nutritious. They're equally at home at breakfast, luncheon, dinner, supper or for between-meal snacks. Fine for going on picnics, too.

**Cherries.** An abundance of Tartarians, Bings, Lamberts. Crop is double last year's, 22 per cent above average. High quality is denoted by plumpness with a bright appearance, firmness and good color. Those big dark sweet varieties are mostly western grown with bright red, sour varieties for pies and jellies coming later from central and eastern states. Prices should be lower than in recent years. For pitting, try using a clean pen holder with a strong point inserted. **Grapefruit.** We're not eating as much this year as last. Quality is excellent, prices low. Shipments taper off in June toward the year's low in July and August. Enjoy grapefruit now. Sections are perfect for inclusion in any salad.

**Figs.** The fresh fig is a prime favorite of epicures and is in season June to September. Highly perishable; a good source of natural fruit sugar with moderate caloric rating.

**Grapes.** Large crop in prospect. Thompson seedless, those small olive-shaped grapes that come in large bunches will soon be moving into market, continuing throughout November. Other varieties show up later in the summer and fall.

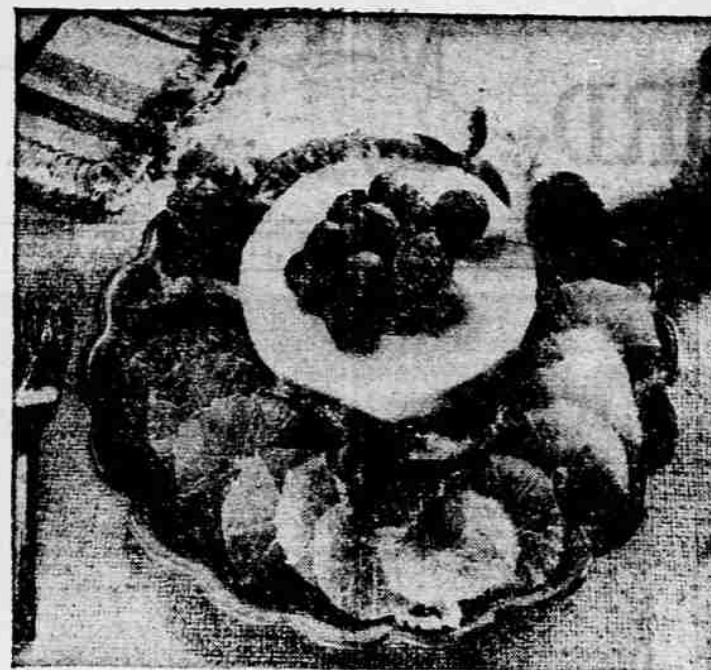
**Honeydews.** A few coming in now, but July, August and September is when they really roll. Honeydews of which production is small reach their peak in July.

**Oranges.** Almost all on the market now are juicy Valencias.

**Peaches.** Crop is slightly above last year. Harvest has begun but becomes heavier in July. Keep in mind that green peaches stay sour. To be good, peaches must look good. This fruit gains no sugar after picking.

**Pineapples** continue abundant in June coming mostly from Mexico and Cuba, some from Hawaii. Fully ripe pineapples are slightly soft to the touch, golden yellow in color and have a "piney" aroma. Size has little to do with quality but avoid fruit that appears too green or over-ripe. Fresh pineapple bruises easily. Do not store in heat or sunlight.

**Plums.** Short crop along with apricots. About half as many as last year and 'way below average. Prices likely to remain high. Degree of softness of the



**SEASON'S DELICACIES** — New season fruits, berries and melons are arriving in local markets in profusion to please the eye, palate and pocketbook. Suggested methods of preparing these delicacies appear in today's Feeding the Family column.

flesh is a fairly reliable guide to maturity.

**Rhubarb.** Though actually a vegetable, we mention it here because it is a fine appetizer, breakfast and desert item. Outdoor-grown rhubarb is at its plentiful best in June.

**Strawberries.** Crop largest since 1942. California, Oregon and Washington lead the country among producers of this most popular and prolific of all berries.

**Watermelons.** June and July are peak months. This year's heavy crop should result in lower prices, encourage large consumption.

### Avoid Fruit Salad Assembly Line

When it comes to arranging fruit salad plates, it has long been the custom to try to make them all look alike at any given meal. Why? We're all for avoiding the assembly line production methods.

Variations add to salad plate charm and interest; get themselves talked about. Be sure salad arrangements are handled quickly; both fruit and plates chilled. Never try to re-arrange or to patch a salad arrangement. 'Tis nothing a bit of watercrest, mint or other decoration can't take care of.

### Fruit Salad Plates Are Summer Delight To Please Everyone

Practically all fruits, berries and types of melon can be assembled for fruit salad plates, so let your imagination take over.

Large strawberries, being sweetest, are choicest for salad making. Serve them with hulls for finger eating part of the time. If hulled, leave whole unless they are very large in which event they should be halved. All other berries, being free of hull, should be chosen for firmness, full color; can be arranged in "heaps" or as garnish.

Bing and Royal Anne cherries appear often on salad plates with stem attached for finger eating. Pretty, too.

Summer avocados which are so plentiful can be used in any fruit salad combination or as a container when halved. Avocados must be marinated in French dressing or lemon juice immediately after peeling and other preparation.

Grapefruit sections and/or orange sections or slices may well be a part of any fruit salad arrangement.

Fresh pineapple slices, sticks or chunks lend themselves to attractive arrangements.

Banana halves, quarters or slices are popular. Run fork lines along full length of banana and then slice slantwise for good effect. Bananas should be immediately coated with lemon juice, orange juice or French dressing to avoid discoloration.

Cantaloupes and honeydews may be halved, cut in thirds, quartered or sliced in half moons and then peeled as a fine underpinning for many salad plate arrangements.

## Garden Notes

By C. B. CORDY  
County Extension  
Agent for Horticulture

By C. B. CORDY  
(Editor's note: This is one of a series of articles on gardening subjects, prepared for The Mail Tribune by the Jackson County agent for horticulture. They will be carried weekly during the gardening season.)

Supplying adequate water to plants is of great importance now in maintaining them in a good vigorous condition. Most of our plants will use about an inch of water every five days in hot weather. An inch of water means that we must cover the area with enough water to measure an inch deep. A simple way to determine this where you sprinkle is to place a straight sided can, such as a coffee can, under the sprinkler and see how long it takes to collect an inch of water. By timing this you will then know how long to let the sprinkler set in one place.

### Need More Watering

Most plants will get along nicely if irrigated once every five days although a few plants such as begonias, require more frequent watering and some of our deep rooted trees prefer less frequent but more thorough watering. If in doubt about your soil moisture conditions, take a shovel and dig down a foot and a half and if the soil is dry, irrigate. If water collects in the bottom of the hole, then you are using too much water and your deep rooted plants may be severely damaged. Whether the water is applied by sprinkler or surface irrigation is unimportant. There are very few plants which will be injured by sprinkling and some of them actually prefer it.

Moisture shortages frequently show up first in lawns when they are bordered by hedges or if a tree is planted in the middle. This is due to the competition between the two plants for the moisture. Another place it frequently shows up is in a lawn where it drops off sharply to

## Population Count Nets Lobster Dinner

Grand Rapids, Mich. — (U.P.) — Because Grand Rapids has an official population of 175,647, its mayor and members of the city commission received a lobster dinner.

The Salt Water Farms, Inc., of Damaristotta, Me., shipped its 175,647th lobster on the company's third anniversary and decided to give a dinner for officials of the city which had closest to 175,647 inhabitants. Grand Rapids exactly fitted the specifications.

The sidewalk. The lawn dries out more quickly here because grass is drawing moisture from both sides of the angle.

### Slope More Difficult

It is also more difficult to wet up the soil there as the water has a tendency to run down the slope instead of sinking in. Where this condition exists it takes a lot of patience and long, slow watering to soak up the soil. This can be accomplished either by light, frequent sprinkling several times a day or by the use of a soaking hose. After the soil is again soaked up, a little additional watering should be given to those corners in order to keep them moist.

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### Rescued Pup Finds Two New Masters

Battle Ground, Wash. — (U.P.) A frightened, half-starved pup, named Tippy, was adopted by new masters Wednesday after he was rescued from a three-day imprisonment in a dry well here.

Larry Marsolek, 12, and his eight-year-old brother, Billy, took the pup after he was freed from the 45-foot well Monday by 14-year-old Frank Parks of Portland, a summer employee at the Battle Ground lake resort.

The youth was lowered into the well by a rope and then both he and the dog were raised to safety.

### WOOD DOOR NEEDED

Effingham, Ill. — (U.P.) — Eight-year-old Dallas Coats, in a hurry to get outside, straight-armed the front door's window glass at his home and slashed his left arm. Next Dallas tried a flying exit on his way to school and gashed his right arm on broken glass left in the door. The doctor advised the family to get a solid-wood door.

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The Noodle that won't slide off the fork

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