



Alaska, Frontier of America, Said Fastest Growing Part of US

Washington — In the Aleut tongue the word "alaska," which gave Alaska its name, means "big land" or "mainland." Today that American frontier is not only big, it's booming. The far-north Territory has been described as "the fastest-growing portion of the United States."

Population has nearly tripled

sugar combined with a dash of combined cinnamon and ginger. Ways to Get More Milk in Family's Daily Diet

Use fresh milk with cereals, fruits, desserts and in main dishes, soups, sauces, vegetable dishes, bread and other baked goods. Cereals may be cooked in milk instead of water or dry milk solids may be mixed with dry cereal before cooking. Main luncheon, supper or dinner dish may feature cheese in fondue or with cheese added enhance many vegetables.

Evaporated milk as it comes from the can may be used for coffee, for cereals or in recipes developed for its use or it may be diluted with equal volume of water and used like fresh whole milk. The 14 1/2 ounce can provides a little less than a quart of reconstituted milk.

Dry milk of the non-fat variety is surprisingly economical; may be added with the dry ingredients to mixtures for prepared dishes. It is reconstituted for beverages and custards. To reconstitute, add the milk solids to water, preferably lukewarm, and blend in one of the simple mixers developed for that purpose or shake in a tight container or whip with egg-beater or electric beater. Package directions suggest ideal methods and uses.

Sweetened condensed milk is useful for making candies, frostings and desserts according to recipes developed for its use. Many people like it in coffee. To heat milk, use low, even temperatures. Milk may be heated either over low direct heat or over hot water in top of double boiler. It should be covered or stirred while heating. In baking custard, place baking dish in larger pan of hot water. Use low temperature and bake no longer than necessary to "set" the custard.

To heat milk, use low temperature and cook only long enough to melt the cheese. High heat makes cheese tough and stringy. Process cheese melts more quickly than natural cheese.

in 16 years, from 72,524 in 1940 to more than 208,000 in 1956. With plenty of room for more—Alaska still boasts 2.8 square miles per person—it now holds an optimism as broad as its bounties of forests, farmlands, fisheries, oil and mineral deposits, scarcely tapped.

Twice Size of Texas Leading the magazine's portrayal of a region twice the size of Texas, Elsie May Bell Grosvenor, wife of Dr. Gilbert Grosvenor, chairman of the board of trustees of the National Geographic Society, writes of "Alaska's Warmer Side."

Mrs. Grosvenor, daughter of Alexander Graham Bell, inventor of the telephone, traveled with her husband by steamship, railroad, airliner, automobile, and bush plane on a summer vacation swing across southern Alaska.

Their chief goal was to see Lake Grosvenor on the Alaska Peninsula, named in 1919 for the Society's director, as well as Katmai National Monument, the Valley of Ten Thousand Smokes, and the glacier country along the Inside Passage.

The author writes of vast verdant forests now being opened to scientific cutting for new pulp-wood production, of air-travel expansion, of magnificent scenery in huge National Parks, and of Alaska's friendly, open-hearted hospitality.

By air the Grosvenors looked down into the green crater lake of Mount Katmai, whose violent explosion in 1912 blew two cubic miles of mountaintop into dust that drifted around the world. They found the "Ten Thousand Smokes" of the desolated valley below Katmai now total only seven steaming fum-

aroles. Still, not a green thing is visible there.

From Anchorage, Alaska's biggest city with 60,000 inhabitants in the immediate area, the Grosvenors toured prosperous dairy-farm regions. They visited new hospitals, an agricultural research station, and the forward-looking University of Alaska.

Outposts to the North In both winter and summer, writer Robert Moore covered Alaska's modern boom from great jet-plane bases to northernmost outposts. His travels pinpointed many changes on new maps.

The airplane, he found, has become as common to Alaskan life as kayaks and dog sleds once were. "Put your finger on any northern village on the map of Alaska and we have a scheduled service to it," one airline executive told him.

Busy salmon canneries, rather than gold mines or fur lines provide the Territory's chief source of revenue today. But prospectors, businessmen, geologists, oilmen, and timber experts talk enthusiastically of other riches.

In Nome, the writer found a bank still willing to cash a poke of gold. But residents were more interested in newer finds of tin.

R. E. McCoy Accepts ICA Job in Nepal

Portland—Robert E. McCoy, executive director of the Oregon Development commission, has resigned to accept a position with the International cooperation administration. Foye M. Trout, Stanford research institute economist, has succeeded McCoy.

McCoy will serve as program director of ICA's mission to Nepal, a nation with a population of about 8 million near India. The mission provides technical assistance in agriculture, and mineral exploration.

Governor Elected Delegation Chairman To GOP Convention

Salem—(UP)—At an organizational meeting yesterday, Gov. Elmo Smith was elected chairman of the Oregon delegation to the Republican national convention.

Wendall Wyatt of Astoria, state chairman, was elected vice-chairman and Zylpha Zell Burns of Portland, was elected secretary. Tommy Luke was elected honorary vice-chairman.

Mark Hatfield was named to the platform committee. His choice was unanimous.

Belton, Newbury Elected State Senator Howard Belton of Canby was elected to membership on the credentials committee, Secretary of State Earl T. Newbury to the rules committee and State Senator Rudie Wilhelm of Portland to the committee on permanent organization.

Alternates were announced for the convention in San Francisco in August.

Alternates, followed by the delegates at large, are: Mrs. Zylpha Zell Burns, Howard Belton; R. L. Elfstrom, Earl Newbury; Don Walker, James Loneragan; Bob Mautz, Jess Gard; Phil Hitchcock, Elmo Smith; Mrs. Frank Fowler, Wendell Wyatt; Eda Ridehaigh, Lowell

Paget; Bob Dickey, Robert Elliott.

Gordon Orput and Rudie Wilhelm have not announced their alternates.

In the first district James D. Olson was selected by William Chadwick and Mark Hatfield picked Robert Ingalls.

Second district: Lowell Steen chose Mrs. H. O. Mansfield and George Stadlem selected Mrs. Collis P. Moore.

Third district: Francis Smith appointed Nanny Warren. No alternate has been announced for Tommy Luke.

Fourth district: Rodney Keating picked Kathleen Bash and Ed G. Boehnke chose Jim Rodman.

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Feeding the Family

By ZOLA VINCENT
Food Editor

Dairy Products Get Top Billing As We Celebrate June Dairy Month

We rejoice in an abundance of dairy products at reasonable cost as local herds of fine milk producers (the world's most efficient animals) work overtime to produce your family's share of milk and milk products.

Celebrating June Dairy month, we're reminded that milk is nature's most nearly perfect food—and that it comes in many forms for good eating as well as for drinking. West Coasters drink more milk and eat more cottage cheese and sour cream than people in other states of the nation. Perhaps this is why dairying is a major industry here and has been practically ever since the first cows came west over the Oregon Trail.

We're justifiably proud of our state's cheese production, too.

Milk Daily Need
Every member of the family, from infants to the aged, needs milk every day—for energy, growth and repair of body tissues, for strong bones and teeth and for a general feeling of "well being." Children need a quart of milk a day. Teen-agers should have a quart or more of milk daily and adults of all ages need a pint or more daily.

Nutrition studies constantly show calcium deficiencies in many states. Without adequate milk in the daily diet, it is extremely difficult to meet calcium requirements.

More for Your Money
There is no waste in milk. Every drop can be used and cost is low in proportion to food value. Government nutritionists say that, in terms of money value, from one-fifth to one-third of the allowance for the family's food should be spent for milk and milk products.

Cook's Buying Guide
Dairy foods have an important place in meal planning. When you're shopping or cooking, keep these facts in mind and avoid puzzling moments.

One pound of American (cheddar) cheese makes two cups, grated. One pound of butter makes two cups. One pound cottage cheese makes two cups. One-half pint (one cup) coffee cream makes eight coffee servings. One-half pint (one cup) whipping cream makes two cups, whipped. One quart of ice cream makes six to eight servings.

Care of Milk
Celebrate June Dairy month by checking up on these items and your habits for making the most of milk.

Wipe the bottles or cartons with a damp cloth and hustle them into the refrigerator. Milk needs a cool, dark place. Precious vitamins are destroyed by light.

Cover milk to protect its delicate flavor. Other odors easily creep in when milk is left uncovered.

Pour out the milk you plan to use at any one time and return rest to refrigerator.

Use yesterday's milk before today's. This is easy to do if you always put new containers behind those already in refrigerator.

Care of Butter
Keep butter in refrigerator

wrapped and in its package or a covered container.

Remove cube at a time or cut off amount you plan to use and refrigerate balance.

Care of Cheese
Cover all cheese tightly in plastic containers or jars or wrap in aluminum foil or waxed paper. Packaged cheese may be stored in its own wrapping. Keep in refrigerator.

Soft cheeses such as cream and cottage cheese are quite perishable but can be kept for several days in tightly covered containers.

Cut off any mold that develops on hard cheeses such as American and Swiss. The cheese underneath is perfectly good. Serve most cheeses at room temperature for best flavor.

Care of Ice Cream
To store ice cream for a short period in the ice cube compartment of your refrigerator, transfer it to a dry refrigerator tray and cover with waxed paper.

Keep ice cream in the cartons in your home freezer or frozen food compartment of refrigerator.

Pre-packaged ice cream is ideal for storage. If held in freezer, it may need to be softened a little at refrigerator temperature before using.

Here are Many Fine Milk Drinks

Nutritionists agree that the two nutrients most often found short in children's diets are calcium and ascorbic acid (vitamin C). Milk and citrus fruits or fruit juices are high in these nutrients; can be combined in countless ways attractive to Junior and Junior Miss.

Tomato-Milk Appetizer. Before dinner or between meals, offer this relaxing and enjoyable cocktail. For four servings, combine four cups chilled milk, two cups chilled tomato juice, one-half teaspoon celery salt, two teaspoons onion salt, two teaspoons Worcestershire, dash of salt; blend thoroughly, pour into glasses and garnish with minced chives or parsley sprigs.

Pineapple Mint Punch. Combine three cups chilled milk, two cups pineapple juice, three-fourth cup coffee cream, one-half drop of peppermint extract, one-quarter cup sugar, 1 1/2 teaspoons lemon juice and a pinch of salt; shake in shaker or beat with egg beater until foamy. Pour into tall glasses; garnish with sprig of mint and serve immediately. Six servings.

Buttermilk Shake. Combine three cups chilled buttermilk, one-half cup cold lemon juice, pinch of salt, one-half cup sugar, one-eighth teaspoon lemon rind, two small servings of ice cream; shake thoroughly or beat to blend. Dash of ginger. Four servings.

Lime Flip. Combine six tablespoons fresh lime juice, one-quarter cup sugar, dash salt, six cups buttermilk and shake or mix thoroughly. Add green food coloring if you like. Garnish with mint sprigs. Six servings.

Molasses Milk Nog. For each serving, combine one cup chilled milk, two tablespoons molasses, dash of salt. Pour into glass. Top with vanilla ice cream (two tablespoons) and a little brown

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Research on the Arctic Rim
Scientists working at Barrow, north of the Brooks Range on the Arctic Ocean, are carrying on a remarkable variety of basic Arctic research. A zoologist studies the life cycle of lemmings. An entomologist interested in insects eroded 60,000,000 years ago in Alaskan amber seeks the bedrock source of the fossil substance. Other

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