



**HEARTY MAIN DISH**—Treat your family to this handsome Chef's Alpine Salad; a hearty nutritious main dish that combines assorted greens, slivers of Swiss cheese and other flavorful good things ready for tossing.

**Pickin' Pears** News and Notes From Camp White

By SID HOLLINGSWORTH  
William W. Sherid, of Vallejo, Calif., stopped over in a tour of VA hospitals he has just completed, and gave an exhibition of roller skating in the theater that drew considerable applause.

Sherid is a World War II veteran who met with an accident in basic training which handicapped him for life. He fell 30 feet from a tower at Camp Roberts, Calif., and his right leg became fully paralyzed. He wears a 20 pound brace and has only six inches of muscle from the hip down. Notwithstanding this disability, he started to learn all over again how to walk, bowl, dance and finally to skate. It took four years. Now his interest is to show disabled veterans that with perseverance, the handicap can be overcome.

"I have visited all of the VA hospitals in this region now," he said, adding that his appearance at Camp White completed the circuit. Sherid is 35 and a native of Portland. He had been a professional skater before he was injured.

Manager Henry C. Herzog and Dr. A. S. Anderson, chief medical officer, are attending the American Legion state convention in Portland this week. Eugene Orr, national rehabilitation officer, and other local Legionnaires will be on hand for the festivities and the naming of a new slate of officers for the department of Oregon.

A few of the members were pleasantly surprised last Saturday when a party of visitors with refreshments and cigars from Woodburn, Ore., arrived. They represented the American Legion auxiliary and included Col. and Mrs. E. T. Sims, the latter president of the Woodburn auxiliary, Mr. and Mrs. Marshall Hicks, and Mrs. Minnie Zahnow, Red Cross gray lady, who is back on the job at Camp White.

The Woodburn Legion post sent the cigarettes. The interlude was a "break" from the heat and the resultant ennui.

The trials and tribulations of being a coordinator of fine arts in the Oregon Centennial celebration, were reviewed by Prof. Arthur Kreisman, of SOC, at a gathering Monday afternoon at the Ashland college. This is a regular summer feature, attended by readers and writers of the domiciliary. Red Cross gray ladies cooperate with Enid Holmes, librarian, by furnishing transportation.

Dr. Kreisman, while disappointed with some aspects of the art program, gave evidence of excellent results in modern painting, and in poetry as well as story writing.

Notes on one of Southern Oregon's tourist attractions: Jacksonville has a charm that is more than historical... a street arched with hundred year old maple trees and rolling farm land surrounded by the most picturesque view of the Siskiyou mountains visible anywhere.

The impression is all enhanced by the atmosphere of days long ago, old buildings memory packed with ways of life that are no more. It is a little New England village, with associations that go back to Colonial America.

There is little to remind anyone of the gold rush. The ghost places hardly compare with other ghost towns of mining days. The old hotel, the Beckman bank, and even the Museum building are reminders of what Jacksonville started out to become - the county seat and "middle point" in travel between San Francisco and Portland.

You capture an aura of enchantment in Jacksonville by getting away from city traffic and visiting a "city that might have been."

According to historical accounts, the gold seekers who "rushed" to Jacksonville in 1851, were more respectable than those who headed to California, Colorado and Nevada. They built a church, which is still standing, and when the gold deposits were exhausted, they remained, many moving to "Middleford" which became Medford, the name of a town in Massachusetts.

Coming here from the Willamette valley, they were impressed by the richness of the Rogue valley soil and decided to cultivate the land instead.



**ALMOST MURDERED**—Mrs. Norma Briggs is assisted out of ravine near Los Angeles where her husband ran their car off the road in an attempt to kill her. Briggs stopped the car on the steep road, got out, and then let it run over the edge of the shoulder, carrying his wife and her mother. Note overturned car in background, and bandages on Mrs. Briggs' head.

**Educational Program To Prevent Fires Set**

A stepped up educational program to alert the public to the forest fire hazards in this area has been announced by the Southern Oregon Conservation and Tree Farm association.

Prospects of continued dry weather heighten the need for extreme caution in forested area. Bob Kline, chairman of the SOCTFA public information committee, stated, and everyone who uses the woods is asked to be especially alert to fire safety regulations.

The association program

will include co-operation with other private and public agencies in taking the story to the public and will include news stories, television reminders, radio announcements and visual reminders in the form of signs and posters.

**Reminds Residents**  
Kline reminded residents that a major portion of the economy of southern Oregon is derived from the forest crop and everyone has a stake in keeping their protection.

Timber is a renewable crop and can be perpetuated, Kline said. Forests mean jobs, farm income and raw materials for industry. For these reasons, we need to protect them from forest fires, he added.

According to national figures, forest fires each year burn enough wood to make paper for every daily newspaper published in the United States. These staggering figures demonstrate the need for a stepped up campaign to prevent man caused forest fires, Kline concluded.

**ALCOHOLISM**

Johannesburg—(UPI)—At least one person out of every 30 men, women and children in the South African European population is an alcoholic, according to an estimate by officials at "Northlea," a treatment center for alcoholics located just outside Johannesburg. A figure used by U. S. researchers is that roughly one of every 36 Americans is an alcoholic.

**Two Area Students Receive Awards**

Corvallis - Johanna M. Dobrot of Central Point and Richard L. Brown of Eagle Point have been awarded partial-tuition scholarships for 1959-60 at Oregon State college.

They were selected to receive one of the \$188 partial-tuition study grants given by the state system of higher education to encourage outstanding and worthy students to complete their education. Each school in the state system of higher education gives a limited number of the scholarships.

Brown will be a junior majoring in civil engineering. Miss Dobrot will be a sophomore in the school of science. Her home address is 2044 Scenic ave.

**Black Widow Spiders Are Common in This Region**

Black widow spiders are fairly common in southern Oregon but do not present the danger many people believe, according to health authorities and others interested in the arachnids.

Dr. A. E. Merkel, county health officer, said although there are "quite a few" locally, and they are poisonous, the black widow is not as dangerous as many believe.

Victims usually become sore and swollen, but death is rare. He said no death had been reported here, but bites, believed made by a black widow have been reported in the past.

The spider identified by the red hour glass on its abdomen, usually may be found under porches or in unused basements or other secluded, dark and cooler areas of the United States.

**Wary of Civilization**  
Like many insects, they tend to be wary of civilization.

Although the black widow's venom is more potent than that of the rattlesnake, it is not administered in as large quantities.

Their few assets include catching houseflies and other annoying insects in their webs, although such an aid hardly outweighs the potential danger in their bites.

A Southern Oregon professor who was recently presented with a large black widow said he was flooded with calls from other persons who could also give him such a gift.

Science departments see k

**TWO, THE HARD WAY**

Buffalo, N. Y.—(UPI)—Mr. and Mrs. Matthew Mamon became grandparents twice in the same day and no twins were involved. Their daughter Judith (Mrs. Donald Marohn), gave birth to a daughter a few hours before another daughter, Carolyn (Mrs. Paul Nikischer), gave birth to a son.

The Poncha Springs in Salida, Colo., reach a temperature of 168 degrees.

**Feeding the Family**

By ZOLA VINCENT  
Food Editor

**Always Time for Salad:**

**Salads for Any Time of Day**

Salads rank high on the list of foods that tempt the appetite, please the eye, tease the memory. Few western luncheon and dinner meals are considered complete without something crisp, fresh, green and beautifully seasoned... as an appetizer, main course, or accompaniment to the entrée or as dessert.

**The Appetizer Salad**

A begin-the-meal salad, a tangy combination that stimulates the appetite and starts a meal with a flourish.

Use fruit sections, crisp raw vegetables, small jellied molds of fish, vegetable, fruit or shellfish. Keep portions small and appetizing.

**Main Course Salad**

Here is a hearty, well-balanced salad in meal-size portions used as an alternate for the hot main dish and should provide comparable food value.

Use meats, poultry, fish, shellfish, eggs, cheese, cooked starchy vegetables, crisp raw vegetables, fruits cooked and uncooked. Mix them lightly or mold in combinations. These are served with a variety of dressing both for blending and for topping.

**Accompaniment Salad**

A true salad course salad served at the traditional spot on menu. Serve tossed greens and crisp raw vegetables with a zesty French dressing or use appetizer salad combinations. Textures should be crisp, taste fresh for break between entrée and dessert.

**The Dessert Salad**

The dessert salad is a dressed-up sweet or savory salad that makes a light ending to a meal or may be scheduled for party service.

Use cheese, nuts, fruits generously, fresh, cooked or molded in plain or fruit-flavored gelatin. To suit every taste, offer choice of sweet fruit, French or tangy French dressing and a velvety boiled dressing with whipped cream added.

**Salad Greens in Amazing Variety**

West coast truck gardens are rushing salad greens of many kinds to market. Get better acquainted with them. Combine greens for color contrast and taste appeal.

Iceberg lettuce, favorite standby, compact and crispy; slices well for simple dinner accompaniment salads, shreds well as salad base, is highly regarded when cut in wedges. Can be used with any salad dressing except a fruited one. Romaine, slender and spear-like, is an all-purpose green. It makes a decorative base for large and small service, is good for garnish, may be served alone with a distinctive dressing or find a colorful place in the tossed salad.

Chicory, fine curled endive, is tops for decorator touches with any salad.

Escarole, broad leaved endive with deep-green spiny leaves; at its best in the chopped or tossed salad.

French endive, slender fingers of crisp white, belongs on appetizer plate or it may be served alone with a spicy dressing.

Watercress shares honors with parsley as a garnish green. It is also a salad in itself, gives lift to tossed greens and is fine in sandwiches.

Spinach, the tender young leaves are especially valuable as color note in mixtures.

Swiss chard, young, tender, chopped, adds crisp touch to salad bowls.

Chinese cabbage may be sliced as slaw or used in chopped vegetable mixtures.

**Beet tops, celery tops, if young and tender, add texture and taste interest to chopped or tossed salads.**

**Chef's Alpine Salad**

**Is Deluxe Main Course**

Visiting with friends associated with Switzerland Swiss Cheese association, the classic cheese of the Swiss Alps, we asked them for their most highly prized main-dish tossed salad recipe; asked them too for ways of using up final bits of Swiss cheese which have that special nuttiness that makes it good to the last crumb.

Saying, as might be expected, that slivers of their famed cheese makes any chef's salad a very superior item, they gave us this recipe which makes six generous servings.

6 cups assorted crisp salad greens

2 cups Switzerland Swiss cheese, cut in strips

1 1/2 cups cooked ham, in strips

2 large tomatoes, in wedges

1 1/2 cups sliced radishes

1 cucumber, in thin slices

1/2 cup garlic croutons

Salt and pepper

Salad oil

Tarragon vinegar

Tear salad greens into bite-size pieces. Combine greens, Swiss cheese, ham, tomatoes, radishes, cucumber, croutons. Add salt and pepper to taste. Toss lightly with salad oil and vinegar in equal portions or two salad oil to one vinegar, if preferred.

**Ways to Use Up Bits of Swiss Cheese**

Here's a baker's dozen of hints using the distinctive flavor of Swiss cheese right down to the last crumb.

Grate the cheese and sprinkle on parsley or chive-but-tered egg noodles... on hot buttered broccoli... add to whole cauliflower... add to canned tomatoes while heating... sprinkle on spaghetti and meat balls... sprinkle over canned chili, on onion or tomato soup or on minestrone.

Add grated Swiss cheese to hamburgers... toss with coleslaw... sprinkle over pineapple slices arranged on salad greens... and of course use it in famed Caesar salad.

**For Salad Success Keep It Simple**

If you are to achieve full salad success, follow the basic principles of good design - balance, proportion, unity.

Use color with a lavish hand but with good taste. Think of color in relation to the rest of the menu but don't try too hard for color schemes.

Avoid unusual or cluttered arrangements, heart shaped molds, green pepper boats, fruit baskets may be all right for special party service but for most occasions, the simple, beautiful salad is the best.

Garnish if you will, but lightly. One radish rose may be much prettier than three.

Give shape to mixed salads by mounding or molding - use chopped mixture in lettuce cups or as filling for scooped-out tomato.

Put ingredients together lightly; the salad should never have a "set" look.

Serve salad accompaniments for added interest; garlic bread, toasted bread strips, bread sticks, one or more of the many salted cracker varieties.

**Summer Slaws Popular**

Cabbage slaws either made with chopped or shredded cabbage alone or in combination with celery, olives, green peppers, hard-cooked eggs, fruits either fresh, canned or dried.

Use a well seasoned dress-

**SHOCKING**

Carmi, Ill.—(UPI)—A wind-storm proved a "shocking" experience to Flint, a boxer dog. The dog's owner had fastened him to a television tower guy wire with a chain. As the tower swayed in the wind, it shorted against a live wire, giving Flint a jolt each time it made contact. He broke away and suffered no ill effects.

ing as a blender. Slaws are all-purpose; may be served as appetizer, garnish, accompaniment salad, as crisp contrast to cold meats and salad sandwiches or as a relish on the salad plate.

**Country Coleslaw.** Blend one cup sour cream with two tablespoons sugar and two tablespoons vinegar. Shred three cups crisp cabbage, sprinkle with salt and pepper; add the cream dressing, toss lightly and serve at once. Makes four salad servings. Many like to add a sprinkling of celery seed, a little chopped green onion, shredded carrot or green pepper, or all three.



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**MORE HONORED**

Amherst, Mass.—(UPI)—Amherst College students are getting smarter. Officials said of the 269 who received bachelor degrees this year, 46.8 per cent were honor graduates, the highest percentage in Amherst's history.

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