

# ADVOCATE FEATURES CORRESPONDENTS

## HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

### STRAWBERRY TIME

E strawberries are with us again, after a long and impatient wait on the part of most of us. Since we are told their season is to be a short one, we are justified in making the most of them while they are available to us.

Although the nutritive value of berries, which is chiefly in the juices, is not high, their delicious, refreshing flavor more than compensates for this lack of food elements. This lack, too, is often supplied by the addition of cream and sugar or by combining with other foods.

In salads and milk shakes, on ice cream, or as short cake, are only a few of the ways to use strawberries. Many interesting recipes call for the fresh fruit. A number of tempting strawberry recipes are offered this week:

### Strawberry Bavarian

- 1 tablespoon granulated gelatin
- 4 tablespoons cold water
- 1 quart strawberries
- 1 heaping strained lemon juice
- 1/2 cup granulated sugar
- 1 1/2 cups whipping cream

Soften the gelatin in the cold water. Crush 1 1/2 cups of the fruit and press quickly through a strainer to remove the seeds. There should be at least a cup of the berry puree. Stand the soaked gelatin over a pan of hot water to melt, then strain it into the strawberry puree. Add sugar and when dissolved, set in a pan of cold water. As soon as the mixture begins to thicken,

fold in the whipped cream. Turn into a mold that has been rinsed in cold water and lined with the remaining strawberries cut in halves. Chill before serving. Yield: 7 servings.

### Strawberry Tarts

- 4 egg yolks
- 1 1/2 cup granulated sugar
- 1 1/2 cups scalded milk
- 1-4 tsp. vanilla
- Baked tart shells
- 1 quart strawberries well ripened
- Whipped cream

Beat egg yolks slightly. Add sugar and scalded milk. Turn into the top of a double boiler and cook over hot water, stirring constantly until the custard coats the spoon. Immediately remove from the fire, cool and add the flavoring. Just before serving time turn the custard into tart shells to a depth of about half an inch. Over this pile strawberries that have been cut in halves and sweetened. Top with whipped cream and serve at once. Yield: 6 tarts.

### Strawberry Sauce for Angel-Food Cake

- 1 cup cream, whipped
- 1-3 cup powdered sugar
- 1 egg white
- 1/2 cup crushed strawberries
- 1/2 teaspoon vanilla

Whip cream, add sugar, beaten egg white, strawberries and vanilla and combine all lightly. One half cup pecans or walnuts may be added for variety. This sauce is delicious served with angel food cake or with an ice cream sandwich.

### SPRING IN OREGON (By Alma M. Trumbull)

After weary months of darkening days, days of east winds roaring through the great fir trees, days of longing for the sight of snow clad mountains curtained winter long in draperies of mist and cloud, days of little sunshine and much rain, Spring, one late morning, came to Oregon. How soon forgotten in her genial smile were all the long sad hours of weeping Winter. We woke to gaze upon a sapphire sky. To feel the warm glow from a golden sun, rising, radiant victor over the clouds that long had held him prisoner from our sight, to sense through all the air the wonder of returning life.

The daffodil and snowdrop, scouts sent on ahead of the great wakening army of spring blossoms, breaking winter camp, lifted their lovely heads and flowered in beauty, signaling their comrades to come on.

As day followed glowing day the great fir orchards answered with million blossoms to Nature's waking call. Everywhere unrolled the wondrous canvas of the spring. She earth a radiant garden, the sweet air perfumed with the breath of blossoming trees, the gentle winds carrying afar the story of resurrected life.

What words can tell the glory of a world in bloom! A universal gem of countless rays serene. The diamond of the dewdrop glittering in the sun's first morning ray; the soft shining of the sapphire sky; the deep emerald group of travelers through the valleys

of earth's green verdure; the balmy air of perfect purity. Each day a gift from Nature's gracious hand, so rich and beautiful as stirs the very heart to gratitude and worship.

Among the memories dearest to the hearts that love the open spaces of the west are those of hours spent on the great Columbia Highway. There comes a picture of the mighty river taking its seaward way through deep channels won by ages of unceasing flow from giant hills, "rock ribbed and ancient as the sun", clad in their sumptuous raiment of velvet brown and green. A land of exceeding beauty in this wide domain "where rolls the Oregon."

Many years have passed since the coming of the white man changed the face of the western continent and was from the wilderness this land of peace and plenty, of towering mountains and fruitful meadow land. No more the curling smoke of campfire and war signal rise from hill top or purple valley. Great cities now have taken for their own the ancient habitation of the "vanishing race". Great interests of industries on land and sea have called their countless thousands to the peopling of busy cities and thriving farms. Yet even in the stress of daily toil the eye turns often toward the mountain sentinels standing forever white and silent far above the strife and tumult of man's little life.

On an evening soft with spring and fair with promise of affluence of summer beauty soon to come a

of the Cascades turned earnest faces toward their towering peaks and waited breathless for the sun's goodnight to greet Mount Hood. The foothills and fair garden lands grew purple in the deepening shadows. All was silence save for the evening song of birds in towering trees. Far above the snow crowned peak turned softly pink. There was one long moment of radiant response to the sun god's farewell touch, then a slow fading from rose to deadly gray. The air grew chill around us, the chill of life departing—the birds' songs husky, faded and silent we watched the spectacle of the day's fair passing. Then someone spoke softly, scarcely "What is man, that Thou art mindful of him."

### EDITOR YOUNG MISSING FOUND IN HOSPITAL

(Continued from page one)

Mary's hospital.

An attempt was made to keep the disappearance of the editor from the public. The officials at the women's division marked "no publicity" on the slip telling about her disappearance. However, rumors floated abroad even though her chauffeur and others denied that she had gone. They said that she was away on a short vacation and would return in a few days.

Please come in and pay your subscription to The Advocate. We need the money!

### Social Doings

By Mrs. Rosalie Holmes

In honor of the 14th birthday anniversary and graduation of Miss Eunice Mott, her mother, Mrs. Beatrice Reed, entertained fourteen boys and girls at a delightful party at the family residence on N. E. Tibbetts street May 26th. Games and music were the diversions. Miss Mott who graduated at the Hostford elementary school in May, received numerous graduation and birthday gifts. She was very pretty in her first full length formal frock, made of sheer organdy embroidered. Miss Mott is a talented elocutionist, specializing in Paul Laurence Dunbar's dialect and she also plays the piano and sings. She has given a great deal of pleasure to many friends by being so willing to respond to the demands made on her talent.

The Adventurers club sponsored a Memorial Day picnic at Talbot Park on the Columbia river Highway. It was largely attended.

Among May graduates are Miss Bada Pearson, Holiday elementary; Cornelius Young, Franklin high; Eleanor Gragg, Jefferson high; Dorothy Bushnell and Cora Franklin, Commerce high. Mr. Allan Rutherford, from the college course at Pacific College, Newberg, Oregon.

Mr. Earl Jenkins, of Topeka, Kansas who has been visiting his aunt, Mrs. Lillian Lay, for ten days, left on the Portland Rose Wednesday night for his home. Mr. Jenkins expressed pleasure with Portland and says he will return again in the future. While here he was entertained at several social functions given in his honor: a party by Miss Geraldine Jefferson; by Miss Nellie Franklin; and the Misses Thelma and Juanita Johnson. His aunt showed him the interesting points in and about the city.

Mr. and Mrs. E. L. Jamison entertained their nephew, John Burghardt Beverley at Dodge Park Memorial Day.

Miss Arena Mallory and Miss Thelma Brown were guests at luncheon during their visit to Portland, at the home of Rev. and Mrs. T. E. Roberts.

Mr. Carl Forney, popular member of the young social circle sponsored a most enjoyable dancing party Memorial night. Louie had his band furnished the music which was greatly enjoyed to a late hour.

Honoring Miss Arena C. Mallory two members of the faculty and several students of the Saints Industrial-Literary school of Lexington, Miss. Mr. and Mrs. Jerome Franklin received informally at an interlacial tea and linen shower Sunday at their home in Irvington.

Assisting in receiving were Mrs. E. L. Jamison and Mrs. Myrtle W. Campbell.

Attired in a colorful Russian costume, Doctor Jeanette Matlisky was quaintly picturesque as she served tea from a huge Samovar. Miss Thea Francis poured coffee from a silver coffee urn. The dining room table was very attractive in a handsome hand made lace cloth with a huge centerpiece of red peonies from the farm of Mr. and Mrs. A. Lopez, of Battle-ground, Washington, which were presented to the hostess by Mrs. Lopez.

The delightful program consisted of a violin solo, Prof. A. Matlisky; piano solo, Mrs. Pearl Young; vocal solo, Mrs. Myrtle W. Campbell; a brief story of her hike from New York to Alaska was told by Miss Thea Francis; Miss Inez Cole, chair of English and languages told of the interesting work being carried on at the Saints Industrial-Literary School and praised Miss Mallory for the fine work she is doing at the school for boys and girls. Mr. Fred Young sang a group of songs and the school quintet, composed of Miss E. M. Lashley, instructor, Miss Ruth Treadwell, Miss Allie Steele, Miss Mary Morgan and Miss Sarah Campbell, favored the guests by singing two groups of songs.

More than half an hundred guests called during the appointed hours, many of whom brought lovely linen for the Saints Industrial School. One white friend who could not be present on account of illness sent ten dollars and a beautiful letter expressing her appreciation for the work being done for the underprivileged colored children by Miss Mallory, which was read to the guests by Miss Cole, who closed her remarks with a beautiful original poem very appropos.

(Note: Miss Mallory and Miss Thelma Brown, well known radio star of Oakland, were called to Oakland on Saturday night on account of the death of the latter's mother which occurred suddenly Saturday night. They were unable to be present at the tea.)

Miss Towne wishes the social editor to announce that she is not married as was reported in these columns two weeks ago.

Mr. Jerome Franklin motored to Berkeley, California Thursday and will spend a few days as the guest of his brother-in-law, Mr. A. H. Morrow. He will return home early next week.

Mr. Roy Garnett, manager of the Angels funeral home in Seattle, was a pleasant caller at The Advocate office on Thursday. Mr. Garnett who came to Portland Tuesday on a business-pleasure trip returned Friday.

Al Pierre and his band furnished the music for a brilliant dance at the Italian hall last Tuesday night.

Mr. and Mrs. E. L. Jamison and their nephew, spent Thursday night as the guests of Mrs. Jerome Franklin.

Mrs. James Waldon and daughter are domiciled with Mrs. J. Conway on Shaver street.

J. H. Smith of Oakland, California, passed through Portland Monday in his new Buick auto enroute to Chicago to attend the World's Fair. He will be joined by his brother who lives in Omaha, Nebraska, who will make the trip with him.

Mr. Henry Johnson, of North Bend, Oregon, here the guest of Mr. and Mrs. Sam Slater, of Lincoln street.

Mrs. William Bass, of Denver, Colo., passed through Portland Monday enroute to Salem, Oregon to visit friends.

Mr. Rudolph DeJournette, of 157 Admiral street and Mrs. Irma McCurry were quietly married in Vancouver, Washington Tuesday by Rev. Lee Roy Kinard. The happy couple are domiciled at their beautiful home overlooking the Willamette river.

The Advocate acknowledges with appreciation invitation from the State Board of Higher Education, the faculty and graduating class of the University of Oregon to attend the 56th annual commencement exercises at the University, Eugene, Oregon, June 9th to 12th, 1933.

Mr. and Mrs. Lynch Brown, of Kelso, Washington spent Tuesday night at the guests of Mr. and Mrs. J. D. Patton on Weldier street. They attended and greatly enjoyed the concert given by the Jubilee Harmonizers at the Bethel church the same evening.

Mr. and Mrs. Milton Bellard who were recently divorced in the local circuit court, have remarried and passed their second honeymoon together in Seattle where they visited for twelve days. Friends of the bride say she is wearing a new engagement and wedding ring and report the couple to be very happy.

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## PRISONS and PRISONERS

By CLIFFORD C. MITCHELL

Within a few days after the appearance of this particular issue of our School News, a very good friend of mine will be leaving the Old Prison, on parole, and because he is a perfect example, according to my ideas, of what a prisoner can accomplish for himself while in prison, I am using his accomplishments for this week's theme topic.

Prisoners, as a group, do not differ much from free people, and they often spend years of their (prison) life in drifting aimlessly on and on without giving much thought to the "where" they are going or "why".

In this respect my friend was no different than the others and he spent his first three years in just drifting. He arose in the morning, ate his breakfast, went to work, to dinner, to work, back to his cell, and to bed—day after day for three years with no thoughts other than to partake in the extra amusements on Saturdays and Sundays.

The prison days assumed a new interest for him and no day was complete unless he knew that he had made some progress with his "music" (although his neighbors called it by other names) and soon he not only had mastered his "uke" but he began practicing on the banjo and later the guitar.

Every prisoner that could play a string instrument was my friend's teacher until he had mastered everything that the other fellow knew. He found a new use for his Saturdays and Sundays and wherever a "get together" string orchestra could be found

in the bleachers, there my friend would be learning and playing.

Between the yard and the bedroom he spent every available moment with his instruments and soon he was able to become a full-fledged member of the prison orchestra and when the prison boys commenced broadcasting over station WIBM my friend not only could participate with the orchestra, but he was able to put on feature and specialty numbers.

It was quite natural that in the developing of his natural talent for music, which, until after he had been in prison for three years he did not know he possessed, he gained many friends, both in prison and out of prison, who were attracted by his playing.

Eventually, as time has a habit of rolling around, he became eligible for a parole and he turned his thoughts towards getting a job. He knew that thousands of people were already out of work in the lines that he had followed before entering prison but fate came to his rescue as it has a habit of doing to those who are "ready".

A professional orchestra-leader was in need of a good banjo-guitar player and through acquaintances he heard of a good one in prison. The orchestra-leader checked up on the prisoner's qualifications and found that they were highly satisfactory and because the prisoner was "ready" fate arranged an opportunity and within a few days my friend will be leaving to accept a position that will not only earn him his livelihood, but in a class of work that he has learned to love.

It is obvious that we can't all become successful musicians but there is something that each and every one of us can do and there is no better time to prepare for it than RIGHT NOW by taking advantage of the opportunities that are daily offered us here in Jackson Prison.

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