

Home and Garden

Bits and Pieces

Flu's no joke

by MARGARET SCHMALE

There's an old joke that originated in the early 1900's after the Spanish flu swept the nation. It went: I just opened the window and in-flu-Enza. It's no joke around this house. Enza worked her way into my house three weeks ago and shows no sign of leaving yet.

I've become a regular at the doctor's office. However, after four visits with different members of the family, all the good doctor can come up with is that I have a contagious virus in the house. Everyone has their own private stock of cough syrup and orders to drink plenty of liquids.

Grandparent's, kids, and even husbands can get sick, but there is no chapter in the book on mothers getting sick. My temperature has been fluctuating between 100 degrees and 102 degrees with chills and hot spells providing variety. Since the show must go on I figured when I was cold I'd do my more active chores, like milk the cow, laundry and housework. Then when I got hot and shaky I would do things I could do sitting down or do leaning.

There weren't too many jobs I could do laying down. Once the toys were picked up there wasn't much left to do down on the floor. Then I tried to work where I was spending most of my time. The bathroom shouldn't need any more cleaning for awhile to come.

I have my own prescription — it's called 86 proof rum and hot tea, with a little chicken soup for lunch. My mother swears by chicken soup and I'm sure it's the soup that will pull me through. The rum of course is for medicinal purposes only. It cuts through the congestion and soothes the cough. The dosage has to be carefully watched because it can have strange side effects. It's hard to tell what the ailment is from then on.

I need a good cough suppressant because once I start coughing it's hard to turn it off. I warned my husband if we slept on a water bed and I started coughing it would feel like the last minutes on the Andrea Doria. When I've finished one of my spells I can relate to a sinking ship.

Stalking the wild mountain berry

by CAROL THURKILL
Special Writer

"Why do I like to pick wild berries? They're free, and it takes so long to pick them that you appreciate them more," said Shelly Butler, a forestry technician at Zig Zag Ranger District.

"Some people make a big day of huckleberry picking," explained Lucy Haynes, a resident of Government Camp. "I like to work it into my outdoors day — pack a lunch, pick a place with a nice view, take a hike, and pick a few berries along the way."

Most everyone would agree that the wild berry is a specialty item, and the picking of it an aesthetic experience.

For humans, birds, squirrels, bear, and sometimes deer, the berry is a choice and nutritious source of food. Indian tribes in the Northwest ate their berries either fresh or dried and incorporated the leaves and roots of some of the plants into their medicinal practices.

It is difficult to pinpoint where most of these berries grow or to guarantee their ripeness. Butler, still in the learning stage, suggests that the only way to find out is to go to the general elevation and habitat ranges and find out for oneself. It doesn't require a permit, although

pickers are encouraged to bring a compass and plenty of buckets.

Huckleberries Most Common

Of the 12 species of huckleberry plants, the black huckleberry (*Vaccinium membranaceum*) is the most commonly picked and can be found in this area. The leaves of this waist high plant are thin, and its reddish-brown berries are larger and taste better than the other species.

Found at moderate to high elevations, (3,600 feet), blackberries should begin ripening around the first of August until the beginning of September. An abundance of moisture in the mountain areas is excellent for the initial growth of any berry, and an unusually sunny, warm day will suddenly ripen the green ones.

The huckleberry grows best in open, sunny areas — old clear cuts, fields, ridgetops, and especially burned out areas. They also may be found growing in a stand of large conifers that have become established after a burn.

Although she wouldn't reveal her favorite spots for picking, Haynes reported that "this year berries are all over the place, but they're not ripe above the Wind Lake Area (4,900 ft.), yet."

One can usually be assured of finding huckleberries during the season at: Sherar



Carol Thurkill photo

Wild blackberries are abundant in the foothills of Mt. Hood.

Burn, West Leg Road, East Zig Zag, Squaw Mountain, High Rick, Buzzard Point, Bonney Butte, Camp Windy, and Mirror Lake. (see map) The flavor will vary from area to area, bush to bush, and from a shady to a sunny spot.

Similar to the domestic blueberry, the huckleberry can be used in just about anything. Butler shows hers into pies, pancakes, jellies, and milkshakes.

The red huckleberry (*Vaccinium parviflorum*) is a treasure in the forest with its ruby-like berries hanging from green angled twigs and oval shaped leaves. At about 4-6 feet in height, it grows in the moderate elevation range (1,500 to 3,000 feet) and should be producing berries through September.

This shrub can be found about anywhere — from shady spots deep in the woods to the more open roadside. The taste is tartier than the more popular blue,

but the berries still bake well in a cobbler, pie, or a strawberry-red huckleberry jelly combination.

Very inconspicuous and sometimes close to the ground, salal (*Gaultheria shallon*) is perhaps the most abundant shrub in the Coastal Forest Zone. Its thick, dark green leaves support a hairy blue-black string of berries that were very popular with the Coastal Indian. They were either made into syrups or dried and ground into flour for use in flat cakes. Not very appetizing to munch on in their raw form, they can be made into a tart jelly after boiling.

Long Salal Season
The season for salal is relatively long, mid-July through October, and they can be seen growing at lower elevations (2,500 feet). Look for them in the same habitat that the red huckleberry grows in.

"The thimbleberries are

out right now," says Butler. Opinions about its taste range from "insipid," "bland," "raspberry-like," to "edible." Indians ate the tender stems and fresh berries. The berries can, however, be made into jelly with a large amount of sugar.

Nestled in velvety soft leaves with five points, the bright red berry resembles a thimble after it is picked. This inviting shrub (*Rubus parviflorus*) has no thorns and grows low to the ground, about 2-4 feet in height, at the moderate elevations. It prefers a damp moist environment along roadsides or in forest openings, but will also be seen growing in dry places.

The trailing blackberry (*Rubus vitifolius*), also out right now, is a good one to pick while out for a leisurely drive. It grows along roadsides at the lower elevations (up to 3,500 feet).

The picker can also look for its trailing vine with sharp thorns and the dark green leaflets in the burned over areas with the huckleberries and salal. Only when the berry becomes fully ripe and dark black should it be picked. An unripe berry can be very sour and spoil the pie or jelly it goes into.

Blue elderberry (*Sambucus glauca*) is not abundant in the Mt. Hood area, but it can be found along Lolo Pass. It is very popular with birds, especially pigeons, because of its sugar content.

Oregon grape foliage might have been seen on last year's Christmas mantle in place of holly, or as a filler in floral arrangements. *Berberis nervosa*, the shorter species is more commonly seen growing along foot paths, roadsides and clearcuts.

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Dr. Tom Wright
Chiropractic Physician

666-4531

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'72 grads plan reunion

The 1972 class of Sandy Union High School will hold its sixth reunion potluck picnic Saturday, Aug. 19, at Champoeg Park.

Class of '72 graduates may call . Lauri (Dunham) Trelstad at 774-8031 or Sue (Major) Lindsey at 638-6253 for further information.

Mountain berry delights

Red and Blue Huckleberry Jelly

Wash and crush 2 lbs. of firm ripe berries
Add ¼ cup of lemon juice
Measure fruit or juice into a kettle
Add 1 pkg. pectin. Stir well and bring to a boil. Add 6 cups measured sugar. Stir and bring to a full rolling boil for exactly 4 minutes. Preserve as you would any other jelly.

Blackberry Jam

Add ½ lb. of brown sugar to every pound of fruit. Boil together for about one hour or until berries are soft. Preserve as usual.

Apple-Salal sauce

4 cups cored apples
1 cup water
2 Tbls. of molasses
½-1 cup of salal berries
Cook apples, molasses, and water until mixture is soft. Add berries and cover with a lid for ½ hour or until done.

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Sprays can control blackberry blight

Blackberry growers who blame poor pollination weather for their crumbly fruit may be missing the chance for a better crop next year.

"In many fields crumbly, deformed fruit was caused by stamen blight, not by weather," reports Megan Hughes, area small fruit extension agent. "This fungus makes full pollination and fruit set impossible. The

fruit may be small and light weight, or it may be so crumbly as to be unpickable."

Stamen blight was found in fields of Marion, Boysen, Thornless Evergreen and other blackberries this year. It hasn't been found in raspberries, although they could be infected.

"It's easy to overlook the fungus, as it shows up only at bloom or shortly thereafter.

It appears as a light dusting of spores around the anthers, looking a lot like pollen," Hughes says. "While we haven't worried about it in previous years, it may have been causing undetected yield losses for some time."

Unlike the weather, stamen blight can be controlled. The spores germinate on buds of the new canes in June or July and the fungus grows on the outside until December. Two sprays of 1 lb. actual Captan per 100 gallons of water, right after harvest and again in September, should eliminate most of the fungus. Otherwise, it will invade next

year's flowers during the winter and no control will be possible.

Growers with especially severe infections, particularly if they also have leaf and cane spot disease, may want to consider going to alternate year production. By removing all the canes in the fall the cycle of these diseases is broken and no innoculum remains in the field to infect the next year's growth.

Since stamen blight doesn't spread by wind, it is usually brought into the field on the planting stock.

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What's Cooking?

It's berry time

by Sara Sewell

BERRY FRUIT PUDDING

Melt two-thirds cube butter or margarine in casserole. Mix:

1 cup flour
2 teaspoons baking powder
1 cup sugar
Pinch of salt
two-thirds cup milk

Pour batter over melted butter; add sugared berries or fruit (4 to 5 cups). Bake 45 minutes at 350 degrees. This is good served warm with ice cream or a spoon of Cool Whip. Wild blackberries are beginning to ripen now. This is a good way to use them. — From the files of Ms. Nora Kremers, Tillamook, Oregon.

QUICK AND EASY CASSEROLE

Dough:
2 cups flour
6 oz. cream cheese
2 egg yolks
½ lb. butter
½ teaspoon salt
Mix the above ingredients. Roll out and shape into 9" x 13" pan.
Custard:
4 eggs
1 pint milk
½ teaspoon salt
¼ teaspoon pepper
1 oz. Parmesan cheese
2 oz. Swiss cheese (grated coarsely)
3 oz. onion grated
6 oz. summer sausage or ham
Saute onion and meat. Place in crust, cover with custard and bake 350 degrees about ½ hour or until set. — From the files of Mrs. Allen (Katherine) Olson, Brightwood, Oregon.

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