

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

## PUT SPRING IN YOUR SALADS

Not so many years ago people in this country were not eating enough raw vegetables, especially green ones, and not enough fruits. In the Spring of the year the molasses and sulphur tonic was resorted to and everyone took this as a matter of course. Today it is quite the normal thing to have a raw salad at lunch or dinner and in place of spring tonics we put spring into our salads.

Vegetables and fruits are important in the diet because of mineral and vitamin content. In the raw vegetable and fruit you get certain food values, and flavors too, that are often lost in cooking. You can build the meal round the salad, especially lunch or supper, and there is nothing more inviting in the spring and summer menu than a generous green salad.

For an attractive salad put one or two green curling leaves of new cabbage on a plate, and fill them with a mixture of chopped cabbage and carrots, alongside a serving of cottage cheese with chopped peanuts mixed in. The cabbage and carrots give you vitamins A, B and C, and you get iron also from the green leaves of the cabbage. The cheese furnishes protein and calcium, and the peanuts furnish protein and fat. In an egg dressing you get still more vitamins and protein and fat; in French dressing, chiefly fat. Bread and butter and a glass of milk will finish your meal—or you might add a meat sandwich for still further satisfaction, or finish off with cookies, tarts, or cup cakes for more starch and fat and sugar, and therefore more calories.

A sort of formula then can be made from this: Raw vegetable or fruits in the salads, meat, eggs, cheese, or nuts in sandwiches or on the salad plate, milk and cakes to fill out the meal.

Some salad dressing which will help make the salad—

**COTTAGE CHEESE DRESSING**  
Mix 1 1/2 tsp. salt, a dash of pepper,

and 1 tsp. each of sugar and mustard with one egg. Pour into 3 tbsp. of vinegar scalded with 2 tbsp. of water. Cook until it thickens. Add 1/2 pound of cottage cheese and allow to cool. Serve on salad.

## BOILED DRESSING, WITHOUT EGGS

Bring to a boil 1 cup vinegar, diluted to taste, and 1 tablespoon each of butter and sugar, with salt and pepper to season. Cool, add 2tbsp. thick sour cream.

## FRUIT SALAD DRESSING

Cream 2tbsp. of butter, to this add 1 tsp. each of salt, and sugar, 1/2 tsp. each of mustard and paprika. Put in double boiler 2 slightly beaten yolks of eggs, add to them very slowly beating constantly, 4 tbsp of tarragon vinegar, cook until thick. Remove from fire, add butter and seasoning, beat thoroughly. When perfectly cold and ready to serve fold in 3/4 cup heavy cream whipped.

## 4-H Clubs

4-H Club Leader Organization will meet Monday May 29th at the Court house auditorium promptly at 8 p. m.

Central Point Livestock 4-H club met at the Hazel Atkins home on Monday under the leadership of A. T. Lathrop and C. F. Smith. Judging dairy and beef stock was discussed.

All club members in good standing eligible to attend summer school. The cost is \$12 which will cover board and room for 2 weeks. Each student must pay their own transportation which will be about \$5. The summer school is held in Corvallis and the students will have the

benefit of the college in every way.

The 4-H club will put on a program at the Grange hall Monday evening May 6th at 7:30. The first part of the program will be under the leadership of Mrs Arnold Bohner. The second will be a play "Cinderella at home" under the direction of Miss Janice Hessegrave. Miss Lola Blackford will furnish the accompaniment on the piano. Admission will be free but bring your nichols as you may find use for them. There will be a fish pond and other features.

## Letter Tells of Fire in Capitol By Eyewitness

The following is an extract from a letter received by the E. C. Faber family from Frances n regard to the burning of the Capitol building at Salem:

"The burning of the Capitol was very exciting. About 6:45 we girls were out on the porch and someone said there was smoke coming from the capitol. We said it couldn't be but after the whistle blew we went over. There seemed to be just fire in the basement. We went around to all the doors and looked around everywhere. There were very few there. It was quite awhile before anyone thought it was serious. We saw the flames go up the elevator shaft soon. Then the dome caught on fire. When it was burning it was a beautiful sight. The copper made blue and green flames and it was beautiful. The dome fell very nicely. It went very slow and just gave in slowly. Everyone says now that the fire was set because there are quite a few signs point that way.

"Today in chapel we had a memorial service for the W. U. boy killed. He was a very good student. Termed by several professors as the best student they had. He was holding a hose when a cornice fell on him. It happened just after we left."

## Time for Calyx Spray at Hand

The time to apply the calyx spray on pear and apple trees for the control of codling moth worms will soon be here, and growers are advised by L. G. Gentner of the Southern Oregon Experiment Station and L. P. Wilcox, County Agent to be prepared and apply this important spray at the proper time.

In case of apples the spray should go on when 80 to 85 percent of the flower petals have fallen and before the calyx cups close. The object of this spray is to fill the blossom of the young fruit with poison so that worms trying to make their entry at that point later during the season will be killed.

This calyx spray on apples is of great importance and should be applied at the proper time. The calyx cups of apples close within a week after the fall of flower petals and when once closed no amount of spraying will give the necessary protection at this point.

In pear orchards where worms have been a serious problem a calyx spray is advisable and recommended especially on the Bartlett variety. Bartletts are now shedding their petals and within the next week or ten days, sprays should be applied. The application of sprays at this time

will also prevent damage from such leaf and fruit eating insects as saw fly larvae, fruit worms and canker worms.

Where a scab spray program is being followed, the arsenate of lead may be combined with the lime sul-

fur or wettable sulfur as the case may be.

Use powdered arsenate of lead at the rate of three pounds to the one hundred gallons of water. Apply thoroughly and attempt to fill the blossom ends of all young fruits.

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