

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

Apricot to the Fore

The season for fresh apricots is comparatively short and a few suggestions for their use are timely. Apricots are not only delicious in flavor but have real food value as they carry both mineral elements and vitamins. They are especially rich in copper and iron and thus contribute to the blood building process.

There are literally scores of ways to serve apricots. An appetizing salad is made by combining thoroughly ripened or stewed apricots with cottage cheese or with cream cheese. And of all fruits that are served fresh with plenty of cream, apricots stand foremost. Simply slice them, sprinkle with sugar, and chill before serving.

The following recipes show other ways of using fresh apricots. Notice that each recipe contains milk in some form. Children and grown-ups too, need milk in the summer as well as during the busy school days. Drinking one glass of milk at each meal, and the fourth glass provided in cooked foods or in the form of ice cream or cheese will assure members of the family of that necessary quart of milk every day.

Apricot Islands

3 cups soft custard
1 can apricots
1 cup whipped cream
6 teaspoons shredded cocoanut
Pour custard into deep sherbet glasses. Top each with 3 apricots. Fill centers with whipped cream and sprinkle with cocoanut. Chill.

Apricot Kuchen

4 tablespoons butter
1 egg
1/2 cup milk
1 scant cup sugar
2 cups flour
1 teaspoon salt
4 tablespoons baking powder
1 1/2 cups halved apricots
Combine sugar, flour, salt and baking powder. Cut in the butter and add the milk and egg. Spread dough about a half inch thick in a well-buttered pan. Place the apricots in rows into the top of the dough. Sprinkle with the following mixture. Cream 1/2 cup of butter and add 1 cup of sugar, 2 tablespoons of flour. Bake the kuchen in a moderate oven.

Apricot Box Cake

Cut an even slice from the top of a sponge cake, using a very sharp knife. Hollow out the lower part of the cake and half fill with fresh or stewed apricots that have been well sweetened and drained of all sirup. Cover apricots with a thick layer of sweetened whipped cream. Replace the top slice of cake and spread quickly with a cake icing made by stirring 1 cup confectioner's sugar into 1 unbeaten egg white and 1 tablespoon sirup drained from apricots to a smooth consistency. When ready to serve, cut the ice cake into squares or rectangles. If desired the cake may be served with vanilla ice cream piled roughly on top.



One of the interesting "farm items" we read recently, tells of a turkey that has a wooden leg.

It seems the two-thirds grown "tom" was brought to Dr. Walter H. Martin, El Reno, Oklahoma, for treatment. He had a four inch tumor around the leg joint. Dr. Martin decided it was best to amputate and this was done. When the wound healed, a wooden leg was made of soft pine and leather and now Tom can get round just about as well as he could before his trouble.

Jews Eat Poultry

Probably a larger per capita consumption of poultry of all kind can be credited to the Hebrews in America. This being so, those having poultry to sell, especially if close to cities of large Jewish population, ought to know what days these people eat more poultry. Of course they eat poultry the year round but the consumption is especially heavy on the holidays.

Vice-President Garner's refusal to prostitute his office for pelf, in rejecting an offer of \$50,000 to make a five-minute radio address each week for a year, has won him widespread commendation.

A burglar whose lawyer had got him free showed his appreciation a few days later with the gift of a valuable hunting print. In the package was this note: "Dear Boss, I was doing a job the other night and saw this. Thought you might like it."

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SMILES
Teacher "Johnny, if your little brother has five apples and you take two from him, what would be the result?"
Johnny: "A licking."

Professor Boreleigh: "If I have talked too long it's because I haven't my watch with me, and there's no clock in this hall."
Raspberry: "There's a calendar behind you."
"I just killed five flies—three females and two males."
"How do you know that?"
"Three of them were on the mirror and two on the table."

Better Late Than Never
Bud: "Where did you get the black eye?"
Bull: "I kissed the bride."
Bud: "But I thought that was customary."
Bill: "Not two months after the ceremony."

At Last She is Unmasked
First man (in art museum) "Hello. Here's the Mona Lisa."
Second Man: "Aw come on. That dames smile reminds me of my wife's when she thinks I'm lying."
Young Man: "May I have this dance, madame?"
Young Matron: "No, I am danced out!"
Young Man (trifle deaf, but wanting to be polite): "You're not, madame; you're pleasingly plump."

Weather Man: "Put down rain for a certainty this afternoon."
Assistant: "Are you positive, sir?"
Weather Man: "Yes, indeed. I've lost my umbrella. I'm planning to play golf, and my wife's giving a lawn party."

Why are you crying, so, little boy?
"Our cat died today."
"How touching. And you loved it, dearly, didn't you?"
"Naw, but Ma gave me a licking for throwing it off the roof."
Sure Sign
Weather Man: "Put down rain for a certainty this afternoon."
Assistant: "Are you positive, sir?"
Weather Man: "Yes, indeed. I've lost my umbrella. I'm planning to play golf, and my wife's giving a lawn party."

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2d Payment	3.93	4.71	5.50	6.28	7.07	7.85	9.42	11.00	12.56	14.13	15.70	17.27	18.84	20.41	21.98	23.55
3d Payment	3.85	4.62	5.39	6.16	6.93	7.70	9.27	10.84	12.41	13.98	15.55	17.12	18.69	20.26	21.83	23.40
4th Payment	3.78	4.53	5.29	6.04	6.80	7.55	9.12	10.69	12.26	13.83	15.40	16.97	18.54	20.11	21.68	23.25
5th Payment	3.70	4.44	5.18	5.92	6.66	7.40	8.98	10.56	12.14	13.72	15.30	16.88	18.46	20.04	21.62	23.20
6th Payment	3.63	4.35	5.08	5.80	6.53	7.25	8.79	10.33	11.87	13.41	14.95	16.49	18.03	19.57	21.11	22.65
7th Payment	3.55	4.26	4.97	5.68	6.39	7.10	8.64	10.18	11.72	13.26	14.80	16.34	17.88	19.42	20.96	22.50
8th Payment	3.48	4.17	4.87	5.56	6.26	6.95	8.49	10.03	11.57	13.11	14.65	16.19	17.73	19.27	20.81	22.35
9th Payment	3.40	4.08	4.76	5.44	6.12	6.80	8.34	9.88	11.42	12.96	14.50	16.04	17.58	19.12	20.66	22.20
10th Payment	3.33	3.99	4.66	5.32	5.99	6.65	8.19	9.73	11.27	12.81	14.35	15.89	17.43	18.97	20.51	22.05
11th Payment	3.25	3.90	4.55	5.20	5.85	6.50	8.04	9.58	11.12	12.66	14.20	15.74	17.28	18.82	20.36	21.90
12th Payment	3.18	3.81	4.45	5.08	5.72	6.35	7.89	9.43	10.97	12.51	14.05	15.59	17.13	18.67	20.21	21.75
13th Payment	3.10	3.72	4.34	4.96	5.58	6.20	7.74	9.28	10.82	12.36	13.90	15.44	16.98	18.52	20.06	21.60
14th Payment	3.03	3.63	4.24	4.84	5.45	6.05	7.59	9.13	10.67	12.21	13.75	15.29	16.83	18.37	19.91	21.45
15th Payment	2.95	3.53	4.13	4.72	5.31	5.90	7.44	8.98	10.52	12.06	13.60	15.14	16.68	18.22	19.76	21.30
16th Payment	2.88	3.45	4.03	4.60	5.18	5.75	7.29	8.83	10.37	11.91	13.45	14.99	16.53	18.07	19.61	21.15
17th Payment	2.80	3.36	3.92	4.48	5.04	5.60	7.14	8.68	10.22	11.76	13.30	14.84	16.38	17.92	19.46	21.00
18th Payment	2.73	3.27	3.82	4.36	4.91	5.45	6.99	8.53	10.07	11.61	13.15	14.69	16.23	17.77	19.31	20.85
19th Payment	2.65	3.18	3.71	4.24	4.77	5.30	6.84	8.38	9.92	11.46	13.00	14.54	16.08	17.62	19.16	20.70
20th Payment	2.58	3.09	3.61	4.12	4.64	5.15	6.68	8.21	9.75	11.29	12.83	14.37	15.91	17.45	18.99	20.53

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