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There is more Catarrh in this section of
 the country than all other diseases put
 together, and until the last few years
 was supposed to be incurable. For a
 great many years doctors pronounced it a
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 Take Hall's Family Pills for constipation.

Household Talks

By Hester Conklin and Pauline Partridge of Del Monte Cookery Service.

SALAD DRESSINGS

There are no more wholesome, attractive or delicious salads than those made from the canned fruits and vegetables which are easily obtainable at all seasons of the year. The preparation of a salad with a canned fruit or vegetable as the main constituent is simple in the extreme and with any of the following dressings will make a welcome addition to any repast:

French Dressing.

Two tablespoons powdered sugar, 1/2 teaspoon salt, 1/4 teaspoon paprika, 2 tablespoons vinegar, 4 tablespoons olive or salad oil, Worcestershire sauce.

Measure the sugar, salt, paprika and vinegar into a bowl. Stir or beat till thoroughly mixed, then add oil, and if desired, a few drops of Worcestershire, a bit of garlic, chopped chives or onion. Mix thoroughly by stirring or beating. French dressing should be served on a green or a vegetable salad, and should always be prepared just before it is served.

Mayonnaise Dressing.

One egg yolk, 1 tablespoon lemon

juice or vinegar, 1/4 teaspoon salt, 1/4 teaspoon mustard, 1/4 teaspoon paprika, 1/2 cup olive or salad oil.

Beat the egg yolk till light, and add the vinegar and dry ingredients. Add the oil a little at a time, beating constantly with a Dover egg beater. To increase the quantity a stiffly beaten egg white may be folded in just before it is to be served.

When mayonnaise is to be served on fruit salad 1/2 cup of stiffly whipped cream may be folded in just before serving.

Mayonnaise should be served with fish, meat or chicken salads and may be used with a vegetable or fruit salad if desired.

Cooked Salad Dressing.

One tablespoon butter, 2 tablespoons flour, 1/2 teaspoon salt, 1/2 teaspoon mustard, 1/4 teaspoon paprika, 1 tablespoon sugar, 1/4 cup vinegar, 1/4 cup water, 1/2 cup milk, 2 egg yolks.

Melt the butter, add the dry ingredients and when thoroughly mixed add vinegar and water. Bring to the boiling point, stirring constantly. Cool slightly. Mix the milk and egg yolks, pour on the cool mixture and cook in a double boiler till the eggs thicken, stirring constantly. Chill and thin with cream, or the stiffly beaten egg whites may be folded in just before serving.

If water is used in this dressing in place of milk it will keep indefinitely. Cream or milk may be added



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to thin a portion at a time, as it is used.

In any recipe calling for mayonnaise, cooked salad dressing may be substituted if preferred.

WILL ENCOURAGE PURE-BRED SIRES AMONG STOCK RAISERS

A recent meeting of the Lane County Pure-Bred Livestock association went on record as being strongly in favor of putting on a campaign in Lane county to encourage nothing but pure-bred sires among the farm-

ers and stock raisers. The association decided to hold a pure-bred stock sale during the Lane county fair next fall.

Spining Wheels Injurious.

When the car has a transmission driven speedometer the rear wheels should never be spun or permitted to slide. This habit is likely to spring or break the speedometer shaft, sometimes causing an error in odometer reading of anywhere from two to five per cent.



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