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by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

NUTRITION A LA CARTE

• What does riboflavin do for us? This vitamin, which may be better known to you as vitamin B2, helps keep your skin in good condition. It helps your cells use oxygen. It's important to the health of your tongue and lips, too. Good food sources of vitamin B2 are milk, all kinds of cheese, ice cream, meat (especially liver), fish, poultry and eggs.

• The hamburger is said to have been popular in Germany before immigrants brought the idea to the United States. But Americans were the first to put it on a bun. This happened in 1904 at the St. Louis World's Fair, where the ice cream cone also was invented, and iced tea first served.

• A good breakfast should include fruit, eggs or bacon or both, enriched bread or rolls, milk, butter, and jam or jelly, and a hot beverage. And you need time to eat without gobbling. Breakfast can also be a time for exchanging news and pleasantries in your family. People don't have to be grouchy.

• Interested in economy? Consider, for example, the difference in price between the fancy, perfectly shaped pieces of fruit packed in heavy syrup and the broken

pieces packed in water or light syrup. The broken pieces are wholesome and satisfactory for many purposes, and the cost is likely to be less.

• A glass of milk is probably one of the best snacks you can have. Milk offers a wide variety of nourishment including protein, carbohydrate, fat, minerals and vitamins. **ADD** if you want to add special flavor, fruit juice and milk make a wonderful punch.

• Imagination is just as important in the kitchen as it is in art. Fixing family meals can sometimes seem like drudgery unless you approach it with a fresh viewpoint. Do something different every day or so, like serving garlic butter on a baked potato, or mix blue cheese with butter for a topping.

• Here's a little history. People think of sauerkraut as a German dish, but it actually was created in China. Coolies working on the Great Wall of China were fed a dish of cabbage and rice. To preserve it as a winter food supply, wine was added, and it became known as sour cabbage. When the recipe reached Europe, they christened it sauerkraut.



**Empire  
Sportsman**  
POD COCHRAN  
A New York Press Association Service

The sea lampreys in Lake Ontario will have tough sledding this year due to a control program being carried out by the Province of Ontario. Twenty-three sea lamprey spawning streams on the Canadian side of the lake will be treated with a special toxicant that kills only newly-hatched lampreys.

The devastation of Lake Ontario fish by lampreys was not fully appreciated until last fall when a study was carried out on coho salmon in the Credit River near Toronto. Of several hundred salmon examined, only one was free of the tell-tale lamprey scar.

New York findings substantiate these findings — the few cohoes that have returned to spawn have been pretty well scarred up by the deadly, blood-sucking parasites.

**QUEBEC WATERS OPENED TO ANGLERS**

We've all known for years that Quebec — La Belle Province — has some of the best fishing there is for brook trout, lake trout, northern pike and walleyes. Unfortunately, much of the best fishing has been

controlled by private clubs, with the water reserved for a few members.

Now, all of this is changing. With the demand from both residents and visitors increasing, the government is working hard to improve existing public waters, and is also taking over many of the territories held by the clubs. Some of them are being turned into vast parks available to everyone.

The result, for a lot of New York State anglers, is an opportunity to enjoy outstanding fishing in truly wilderness country. Some of this is relatively easy to reach by auto.

Today's good fishing comes directly as a result of the clubs. In the past, Quebec simply did not have the financial resources to protect fish and wildlife.

By leasing rights to private interests it was possible to obtain the controls which have led to good management, and the maintenance of high populations of fish and game.

Fishing waters in Quebec are now classified into four basic types:

1. Previously private areas being opened for the first time.
2. Existing provincial parks which offer good fishing (as distinct from those parks which are primarily "family vacation" areas).
3. Outfitter fishing territories.
4. Existing open waters where good fisheries management and stocking programs provide top-notch fishing opportunity.

GREENWOOD NEWS

Grace Young, Reporter

This Fall local officers are seeking election. Nominations filed at Bath are all incumbents seeking re-election.

They are: Francis Acker - Supervisor; Marjorie York - Town Clerk; Neil McCormick - Councilman; Stanley Murray - Justice of the Peace; Edward Mullen - Highway Superintendent; Gerald Mullen - Assessor 4 years; Rose Woodworth - Collector. Also filing for County Supervisor of District 13 - Greenwood; Jasper Troopberg and West Union - Robert S. Drake of Jasper. Steuben County Board of Elections in Bath will remain open 5-8 p.m. each Monday night in August to accommodate voters who wish to register. New voters between ages 18-21 are also expected to take advantage of the additional registration hours.

The Volunteer Firemen were out twice Tuesday with the Ambulance. In the morning Clinton York and Ronald Putnam took Mrs. Marjory Matthews to Bethesda Community Hospital. Mrs. Eljorence Hardenbergh found her unconscious in bed. She was given oxygen on the way but has not regained consciousness. That night Stanley Holt and his wife took Mrs. Florence Hardenbergh to St. James Mercy Hospital. She had a heart attack, is much better and returned home.

Mrs. Aileen House of Rock Creek was a recent patient at Bethesda Community House. Mrs. Helen Updyke, who was a medical patient at St. James Mercy Hospital, was discharged Friday.

Mr. and Mrs. Alex Brown entertained their family for a picnic dinner last Sunday, July 25, including: Mr. and Mrs. Darold Coddington and family of Fredonia, Mr. and Mrs. Lyle Drake and family of Canisteo, Mr. and Mrs. James Ahearn and family of Greenwood, Mr. and Mrs. William O'Rourke and family of Hornell, Mr. and Mrs. Ralph Empson and family of Andover, Mr. and Mrs. Robert Streeter and family of Springfield, Ill., Mr. and Mrs. Edward Cole and son of Syracuse and Rosetta Brown at home. They have 27 grandchildren making a total of 44.

Mr. and Mrs. Stanley Holt and daughters, Pamela and Laurie were hosts for a Streeter family picnic Tuesday evening. Attending were Mrs. Mary Streeter, Mrs. Janette Cornell, Mr. and Mrs. Marion Streeter, Mr. and Mrs. Robert Streeter and two children, Mr. and Mrs. Donald Fisher and three children, Mr. and Mrs. Clair Cornell and three children.

Mrs. Elmer Gifford of Buffalo, Mrs. James Butler and sons, Mark and Peter of Kenmore, came Wednesday to visit their aunt, Miss Sabrey Stephens. Mrs. Butler and sons returned home Thursday. Elmer Gifford of Buffalo came Friday and Mr. and Mrs. Gifford returned home Saturday.

Mrs. M. F. Wheeler spent Monday to Friday visiting relatives and friends at Keuka and Weston.

Bert Van Wie of Canisteo called on his sister, Mr. and Mrs. Matt Rogers and Jerome Sunday.

The annual Redmond - Miller family reunion was held Sunday at the Social Hall of the Greenwood United Methodist Church. Officers in charge and re-elected for next year are: President - Redmond Gordon of Buffalo; Vice President - Kenneth Miller of Rochester; Secretary-Treasurer - Mrs. Vincent Burns of Bath; Historian - Mrs. Leonard Hollenbeck of Jasper. Others from farther away were Mr. and Mrs. Sergeant Miller of Romulus and Mr. and Mrs. Gerald Brown of

Simira. There were 50 in attendance including nearby places of Andover, Hornell, Canisteo, Andover, Jasper, Bath, Keuka and Greenwood. The reunion in 1971 will be at the same place the first Sunday of August.

Several from Greenwood attended the Chicken Barbecue dinner at St. Mary's Church in Keuka Sunday. Local residents were also among the workers.

Miss Starla Jackson completes summer school session at Alfred University this week as does Miss Dennis Kist at Alfred Ag-Tech. They are both June graduates at G.C.S.

Mr. and Mrs. James Murphy spent the weekend rambling at Little Valley, N.Y. with Mr. and Mrs. Frederick Spohr of Java Center and Mr. and Mrs. Harold Spohr of Kenmore.

Mr. and Mrs. Douglas Cornell attended the closing program of the West Union Mennonite Vacation Bible School, Friday evening. Their son, Hugh, was in the Second Grade.

A former Greenwood resident, Howard Bryan, 80, died Monday July 26 at Bethesda Community Hospital, North Hornell. He had been a patient for a month. He lived most of his life in the Hornell area. He was a farmer and an electrician's helper for the former Erie Railroad, retiring 16 years ago. He and his wife have spent winters at Punta Gorda, Florida and summers at their Keuka Lake cottage. He is survived by his wife, Mrs. Flossie Newton Bryan to whom he was married 60 years; four daughters, Mrs. Orland Higgins of Greenwood, Mrs. Robert Silsbee of North Hollywood, Calif.; Mrs. Kenneth Burns of Hornell RD 3; Mrs. Harold Dailey of Batavia; four sons: Marvin of Hornell RD 2, Miles R. of Addison, Harold L. of Syracuse and Forrest of North Syracuse; two sisters: Mrs. Beesie Murphy of Plainview, Neb. and Mrs. Marjorie Martin of Siloam Springs, Ark. Also 32 grandchildren and 38 great-grandchildren among whom were Bryan Higgins and family, Mrs. George Adlerly and family and Mrs. Victor Losey and family of West Union. The Rev. Gerald Wright of the Canisteo Wesleyan Methodist Church officiated at the funeral from the Smith Funeral Home in Canisteo Wednesday afternoon. Burial was in the Greenwood Cemetery.

Mr. and Mrs. James Merry (Eileen Sewell) of the Rexville Road are parents of a son born Tuesday, July 27, at St. James Mercy Hospital. Her mother from Albany has been spending several weeks with her daughter and family.

Michael Murphy spent last week with his sister and family, Mr. and Mrs. Wallace Glasier of Dunkirk, N.Y. He attended the Chautauqua County Fair.

Mrs. Elizabeth Canty of Belmont and son, Daniel Canty of Buffalo, were supper guests Saturday of her parents, Mr. and Mrs. William McDonough. B. E. Burger, Mrs. James Smith and grandson, Jimmie, were also Saturday callers at the McDonough home.

Mr. and Mrs. Robert Streeter and children left Saturday to return to their home at Springfield, Ill. after spending two weeks with his parents, Mr. and Mrs. Marion Streeter and visiting her parents, Mr. and Mrs. Alex Brown and other relatives.

Mrs. Lawrence Smith of Whitesville spent the weekend with her sister, Mrs. Elton White and attended Sunday service at the United Methodist Church.

The Greenwood and Canisteo American Legion Auxiliaries held a picnic Wednesday for 35 patients at the Bath Veterans Administration Center. From the local auxiliary were Bernice Ogden, Jacqueline Murphy, Ethel Cook and Weston Cook.

Mr. and Mrs. Darwin Wilson and grandson, Lyle Wilson, were overnight guests of Mrs. Clara Bolls Smith at Dubois, Pa., Tuesday.

Mr. and Mrs. Terry Smith and family of Rexville also attended the Bible School session at last week at Albany State Park. All came home the following night.

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