

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

SAVING FOOD BY CAREFUL HANDLING

What may be economy in the buying of food, often depends on the means and space for keeping food, and also the care in handling it, after it is bought. With a good refrigerator in the house, many of the food-keeping problems are solved, but the home without a refrigerator has its troubles. There are, however, some foods that never should be kept in a refrigerator, but must be cared for in some other way. In any case, care in handling, a knowledge of the precautions against contamination of food are necessary to protect the family's health as well as its pocketbook.

The housekeeper must guard against different kinds of spoilage. Some foods change texture, some lose flavor, others actually become harmful. Green vegetables wilt because their moisture evaporates. Crackles and cookies, on the other hand, take up moisture from the air and thereby lose their crispness. Light affects some kinds of food. It hastens the ripening of fresh fruit and vegetables, and it is bad for fats and oils, which become rancid in the light and warmth.

Milk presents a special problem. The milk item in the household food supply has two important aspects. Not only must it be good, safe milk—which really is not difficult to get in these days of rigid milk inspection—but it must be kept good and safe after it comes to the house. This requires knowledge and care—

care which is all the more important in the households where milk is needed most.

The household where milk is needed most is one where there are children, and where there may be little variety of other kinds of food. Milk safeguards a restricted diet. It has so many kinds of food value that it can often make up for lack of other foods. But milk spoils easily, and that is the reason, of course, for the rigid inspection of milk by public authorities. But no amount of public inspection, no amount of care and precaution on the part of the milk producers and milk dealers, can prevent spoilage of milk after it leaves their hands. It is up to the consumer then.

A good general rule for the household is to use milk within a few hours after it is delivered. Or if it is bought at a neighborhood store, don't buy it until just before using, thus leaving it in the store refrigerator as long as possible. With a good household refrigerator, of course milk can be kept longer. Without a refrigerator, various devices will delay souring, such as keeping the jottle under a slow drip of tap water, or covering it with clean, damp cloths in some cool dry place. In any case today's milk will be better than yesterday's milk for drinking, and yesterday's milk, if an is left over, can be used in cooking. For the care of milk then, in general, and let us put it in capital letters, 'KEEP MILK CLEAN, COVERED AND COLD'.

Spider Mite Control Told by Co. Agent

Spider mites have appeared on pear trees in some orchards and leaves are showing injury. Growers are advised by C. B. Cordy, Assistant County Agent and L. C. Gentner, Entomologist of the So. Oregon Experiment Station to watch their trees carefully and apply sprays as soon as blackened areas appear on the leaves.

The mites work on the under sides of the leaves, causing them to turn brown and black and later to fall off. If not protected, trees may lose many leaves, which will affect the present seasons fruit and also the formation of fruit buds for next years crop. Anjou and Bosc varieties usually show the first injury.

The following materials are recommended: On pears use a light medium summer oil emulsion at the rate of one and one-fourth gallons to 100 gallons of water. On apples use one and one-half gallons of light summer oil emulsion to 100 gallons of water.

It is necessary to cover thoroughly the under sides of the leaves in order to obtain control. The mites multiply very rapidly, therefore, a few of them missed by the spray will soon reinfest the trees.

Rust mites are also present in many pear orchards, causing russeting of the fruit around the blossom end, and a bronze appearance of the under sides of the young leaves. Anjou and Bartlett varieties are most affected by this pest. The same materials as recommended for spider mite will control this pest.

Mr. Alfred Hayes of Malin, Ore., is visiting here with his mother Mrs. R. Bischoff.

Mr. John Wilson has been calling on the farmers here trying to interest them in automobile insurance.

Mr. and Mrs. Glen Bowen returned to their home in Pasadena Friday after an extended visit here with Mr. and Mrs. W. Bowen. Mr. Bowen liked Southern Oregon and regretted that he could not remain here.

Mrs. C. C. Sater and Derva Jeanne were luncheon guests at the Harvey Hines home Thursday.

Mr. Joe Rush has been up to Ed. Houstons' for two days rounding up cattle. Tomorrow he and his brother Richard will take the cattle to their mountain pasture at Abbot Butte.

Mr. and Mrs. Ashley and their children of The Meadows have rented the Hubbard place here.

Mrs. Woolrich and her daughter Ruth have returned to Medford.

Mr. Reed of Los Angeles is here visiting with Mr. and Mrs. Brown, on the Reed place, until July 1st.

Mrs. W. Grant and son Donald left today for a week of camping, fishing, and outdoor life up on the Rogue River.

Mr. Herbert Lingren of Gold Hill was a week-end visitor at the J. B. Rush home.

Since school closed many of our boys and girls have taken up their old hobbies or have adopted new ones. Cecil Martin started collecting butterflies this week.

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News of the Week

MEDFORD—There will be a large crop of turkeys in Jackson county this season, according to County Agent Robert G. Fowler, who says there is a large hatch in this section as well as in the entire Pacific coast area. The local turkey hatch is well distributed over the entire county, according to Fowler. The young turkeys are now scratching for themselves in the newly threshed grain fields. Conditions this spring were good for the young turkeys to survive.

WASHINGTON, June 24.—A prediction that fewer hogs will be slaughtered this summer in the United States than for many years was made today by the department of agriculture.

It said stocks of pork on June 1 were smallest for that date in 20 years, and stocks of lard were the smallest in 12 years.

SALEM, June 20.—Should state departments and heads of institutions put into effect a recommendation of the budgetary control office, about 75 married people, mostly women, will be dismissed from state employment after July, it became known here today.

BEND, June 22.—Glenn S. "Pop" Warner of Gridiron fame tackled something else besides a football yesterday and found it to his liking.

Pop, in fact, went fishing at Diamond Lake and returned here with a fine basket of trout. He left last night for Hermiston to visit a brother.

PALMER, Alaska, June 22.—With the United States senate demanding a report on conditions in the Maantuska valley colonization project, a group of between 40 and 50 protesting colonists prepared today to go into greater detail, if necessary, in their charges of mal-administration.

MARION, N. C., June 25.—Here's the latest fish yarn from this region: John Larkin of Asheville, casting in the shallows of Lake James, pulled in a be-spectacled three and a half pound trout. Shell-rimmed specs, Larkin said were caught in the fish's gills.

ROGUE RIVER, June 20.—A drag-line gold dredge, the first to be used in southern Oregon, will begin operations in the Rogue river just above this city about June 25. If present plans of its builders materialize. The Oregon-organized Rogue River Dredges, Inc., of which J. D. Vance is president, will operate the plant.

Travis, who formerly ran an X-ray laboratory in Klamath Falls, put the boy in his plane, flew to Klamath Falls, had the injured wrist X-rayed and set. He then flew home, taking just four hours for the trip, from the time of departure until he returned.

Beagle

Don't forget, folks, that Beagle is to have a real old fashioned 4th of July and rodeo on the Fourth. There will be pony races, sack races, amateur boxing, dancing et cetra, so fix up a basket lunch and come to the Beagle dance hall for your Fourth.

Mrs. J. B. Rush and Miss Elaine Rush were callers at the C. C. Sater home Friday.

Ruby and Nedra Schulz have been spending the past week in Medford with their grandmother Mrs. Ysunza.

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