

# BEAVERTON ENTERPRISE

H. H. JEFFRIES, Publisher

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## Sanitary Sips

Article 6

### HOW DISEASES ARE SPREAD

In our last discussion we found many places where the food handler serves a link in the chain of communicable diseases—through being careless sloppy or through ignorance of the importance of his work in maintaining the health of the community.

Every food handler should be sure that he is not a carrier of disease, since he can easily contaminate food by handling, by sneezing or coughing, or by droplets of saliva from

his mouth. Any food handler with a cut, boil, or open sore, or other infected areas on his hands or body should not handle food until these infections are thoroughly healed.

All foods, doughnuts, cakes, pastries, butter patties, ice, etc., should be handled with an appropriate utensil (tongs, dipper, fork, knife and not with the fingers).

The food handler should observe all rules of personal hygiene such as: having clean fingernails, clean washable clothing, hair nets and head bands, frequent baths, and should wash his or her hands thoroughly with soap and warm water after each visit to the toilet room.

The food handler must not contaminate sanitized utensils by grasping them improperly—must not pick

up glasses and cups by inserting fingers into them—use handles. When handling forks, knives and spoons, save the tines, blades and bowls of them for the one who is to eat from them.

All pies, and pastries should be covered or kept in a glass or other fly-tight case. Sugar should not be placed in an open bowl where it can be contaminated by saliva from another persons spoon. Do not use "returns".

All perishable food should be refrigerated at 50 degree F. or lower.

Next week—We will discuss something we all want when we eat out—"Clean Dishes."

## Lewis and Clark

The Great American Odyssey.

A Condensed Story of the Historic Expedition of 1804-6  
Copyright 1945 by Walter Meacham

Charbonneau, Sacajawea and Little Pomp also took their leave of Lewis and Clark. It was with real regret that the men bade them farewell. They had provided the only touch of domesticity the party had known for over a year.

The little Indian woman had carried her papoose on her back over rugged mountain trails and had borne the hardships and rigors of the journey with great patience and bravery. She had given valuable services on many occasions neither asking nor expecting any special reward.

Captain Clark placed Little Pomp in school in St. Louis and did the same for the son and daughter of the "Otter Woman," another of Charbonneau's wives.

Sacajawea was forgotten for a hundred years, when her name and deeds were resurrected, statues erected to her memory and peaks and streams named for her. Sentiment is a mighty force. Without it this would be a dreary world.

After a final smoking of the pipe and many farewells, the Big White, his wife and son, and the interpreter and his family, embarked with the white men on August 17 and the journey down the Big Muddy (Missouri) was under way.

On the fourth day they met three traders on their laborious way up the river. Lewis and Clark visited with the Ricaras and Cheyennes, smoked the pipe with them and secured their promise not to make war on the Mandans. By this time Captain Lewis was able to walk. The party camped on islands and sandbars as a protection against Indians and

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Of Beaverton Enterprise, published weekly at Beaverton, Oregon, for Sept. 25, 1945.

STATE OF OREGON  
COUNTY OF WASHINGTON

Before me a notary in and for the State and county aforesaid personally appeared H. H. Jeffries who having been duly sworn according to law, deposes and says that he is the publisher of the Beaverton Enterprise and that the following is to the best of his knowledge and belief a true statement of the ownership, management, etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, as amended by the Act of March 3, 1933, embodied in Section 537, Postal Laws and Regulations, printed on the reverse of this form, to-wit:

1. That the names and addresses of the publisher, editor, managing editor and business managers, are:

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2. That the owner is H. H. Jeffries, 308 Panama Bldg., Portland, Oregon.  
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H. H. Jeffries, Owner  
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mosquitoes, the latter being dreaded the most. They hunted as they traveled to supply their scanty larder. A party of Teton Indians was encountered, but a parley was refused, for they were considered untrustworthy. Later on, a band of Yanktons were met and a short parley had with them. A small medal was given the chief and pieces of ribbon were tied in the hair of several of the warriors.

On September 4 a visit was paid to the grave of Sergeant Floyd. He was their only casualty and they regretted that he could not be with them when they again entered St. Louis. Two days later they met a party of traders and secured some supplies from them, including a jug of whisky, their first since July 4, 1805. The mouth of the river Platte was passed on September 9. Three days later they met Gravelines and McClellan and Old Man Dorion. Gravelines informed them that the Ricaras chief who had gone to Washington in 1805, had died there and that they were visiting the Indians with a letter from the President and with presents for the chief's relatives. The party eagerly asked for news from the States and were informed that they were supposed to have been lost, as nothing had been heard of them since their departure. (To Be continued)

While in Beaverton be sure to eat at the Greyhound Coffee Shop.

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