

## Extension will now charge for publications

By BOB COSTA  
Morrow Co. Extension Agent

Beginning July 1, the Oregon State University Extension Service will charge for many of their publications.

Statewide, OSU distributes more than a million and a half copies of its extension publications each year. Facing state budget cuts and with direction from the Oregon Legislature, extension has begun recovering some of the cost of producing publications.

Many low cost publications will continue to be distributed without charge. Those publications that are more expensive to produce will carry a charge, with most falling in the 25 and 50 cent categories.

Volunteer 4-H leaders will be provided with the necessary publications needed in teaching at no charge. Four-H members will be charged a project fee of \$1 for each project in which they enroll to help cover the cost of publications.

## P.M.H. Aux. meets and plans new projects

The Pioneer Memorial Hospital Auxiliary held a monthly business meeting on Thursday, June 24. The meeting was followed by an ice cream social for nursing home residents, reported Betty Brown of the auxiliary.

The social was held on the hospital's newly enlarged patio. The patio and its enlargement were both projects of the auxiliary.

Brown said future auxiliary objectives include the installa-

tion of a new music sound system for both upstairs and downstairs patients of the nursing home, and redecorating the patients rooms to make them more personal and attractive.

The auxiliary has again purchased a nurse doll to be raffled off to help fund the future projects. Brown said. Tickets for the doll will begin being sold at Heppner's Sidewalk Sale, Saturday, July 24, she added.

## Fresh ideas for picnic food that will keep its cool

If you're one of those lucky people who have the summer off to laze around all day long at poolside or at the beach, you're probably faced with the question of what to bring with you for lunch and snacks.

In hot weather, it's wiser not to bring foods made with butter, mayonnaise or other dairy products, eliminating such standby lunches as tuna, chicken salad or egg salad sandwiches, or even a simple cheese sandwich.

What you want is something that will outlast long hours of baking in the sun.

One obvious choice is peanut butter, which is protein rich, relatively inexpensive and which can last for a long period of time.

You might also consider peanut butter's favorite teammate, jelly, either in tandem with peanut butter, or by its lonesome. Or, bring along a jar of each, and the bread and crackers of your choice.

Another alternative would be to bring along a bunch of bananas for your bunch and, when lunchtime rolls around, whip up a batch of those Depression favorites, banana sandwiches.

Of course, a thermos or two of cooling punch or juice is a necessity. And, wrap it all up with fruit—oranges, apples, even a whole watermelon if you've got someone with you who's willing to take the responsibility of toting it.

## HEALTH HINT: BEWARE OF INSECT STINGS

Whether you're a young person spending your vacation at camp, or a camp director spending your time caring for youngsters, avoiding insect stings will be high on your priority list this year.

While most insect stings usually cause only slight pain, perhaps some itching and localized irritation, for one to two million Americans they are more serious. These persons are allergic to stings, usually from insects known by the biologic name of Hymenoptera. This means "membrane winged" and includes honeybees, hornets, yellow jackets and wasps.

For persons with insect stinging allergies a single sting could trigger a sudden, sharp drop in blood pressure, lung spasms, and other generalized reactions that require immediate treatment. There is help for those allergic to stinging insects. An effective method of immunizing humans has been licensed by the Food and Drug Administration.

If you are allergic to insect stings, you might like to make note of some helpful Do's and Don'ts that can help you avoid stinging insects and minimize your chances of getting stung.

- Do not go barefoot or wear sandals out-of-doors.
- Wear a hat, long sleeves and pants when the presence of flying insects can be anticipated. Tie up long hair.
- Do not mow the lawn or trim trees, hedges or bushes.
- Outdoors, avoid flowers (and flowering shrubs or trees).
- Do not use perfumes, scented shampoos or other cosmetics.
- Avoid bright-colored clothing. Choose white, or subdued shades of green or tan.
- Use extreme caution near picnic areas, garbage cans and other places where food may attract insects.
- When eating outdoors, keep food and beverages

covered.

- Check all window screens for openings; keep car windows closed when driving through areas where insects are likely to be found.
- Have an exterminator eliminate bee, wasp, hornet and yellow jacket nests in the vicinity of your house.
- Do not swat at a persistent insect. Stay calm. Move away slowly.
- Keep an insecticide spray (specific for stinging insects) handy at home, in your car and when you are at a picnic, beach or campsite.
- Don't take any undue risks if you have an allergic reaction to insects. If stung, see a doctor immediately.

The first coin to bear the portrait of a living president was the 1926 Sesquicentennial half dollar, the obverse of which bore the heads of Presidents Washington and Coolidge.

chores at home. Good study habits in school are often established through good habits at home.

- Encourage vigorous daily activity. Active play builds the strong muscles that are basic to good health and posture. Join with your children in active games. Take walks together. Ride bicycles together.

## Your Public Schools

by Willard H. McGuire, president  
National Education Association



### Help Children Learn During The Summer

Summer months are a golden opportunity to help children enjoy life... and enrich the learning experiences they obtain in school. Want to make your child's summer as productive as possible for work and play? Here are 10 useful tips compiled by teacher associations:

- Summer is a good time to acquaint children with the enjoyment of using a library. Point out sections of the library where appropriate books are located. Obtain a library card and encourage youngsters to use it. Develop a sense of responsibility in children by having them return books on time.

- Make summer vacations a learning experience. Keep children busy learning about where you will be going and what you will be seeing.

- Make plans to stop at historical or geographic points of interest on your summer excursions. Look for places that are covered in school textbooks.

- Encourage children to learn how to use road maps to sharpen skills on directions, scales and distances.

- Point out changes in agricultural patterns while traveling. Note the kinds of crops being planted. Describe how cultivation can prevent erosion in hilly terrain. Point out the patterns of crop growth and talk about when crops will be harvested.

- Determine, in advance, if industrial tours are available in any cities you plan to visit. Tours are an inexpensive way to learn about commerce, mass production, and working habits. But be sure to check age limits. Many factories

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