

County Health Department Activities and News

By Dr. B. C. Wilson, Health Officer

Typhoid Fever Warning.
As summer comes on most of us naturally think of going out into the woods, along the streams and into the hills as a relief from the heat and spring fever.
Also a great number of us will go camping soon where we will attempt to get back to nature to a certain extent.
The health department certainly concurs that this is one of the best ways to attain health, but there are certain dangers that might do twice the amount of damage than good in recreational trips.
I hereby issue a typhoid fever warning. There are very few places in this great domain of southern Oregon where the water is pure and uncontaminated. When one wishes to go out to a secluded spot somewhere to camp or fish, etc., one should always remember that there are other people who have the same ideas and may be just above the stream or the water supply from you.

About 2 per cent of all the people who have typhoid fever turn out to be carriers, and we mean by carrier, a person who carries full-fledged and dangerous typhoid germs in the lower intestinal tract but show no signs of the disease.
All human excrement from these people contain millions of typhoid germs and peculiarly these germs live and thrive in water, therefore if any of this excrement came in contact with the water or was even deposited on the surface, where wash water or surface water will wash it into the water supply, you can just figure out how easily you could take these germs into your system.
Our method of telling whether the water is contaminated is by finding out whether or not this water contains any of the germs called B coli. Now this germ, B coli, is a harmless organism which is present by the millions in every person's lower intestines and causes no damage. In fact, is a helpful

germ to the process of elimination, but if ever this germ is found in water that is positive indication that this water is contaminated with human excreta. And if the water is contaminated with human excreta, then the only reason that you don't get typhoid fever, diphtheria or dysentery is that you are lucky enough not to have taken one of these types of germs or else it happened that the person who contaminated the water did not at that time harbor these particular germs.
Now this is a serious problem which you can understand for yourselves, so for your sake and the sake of your family, do not go out and drink just whatever water happens to be handy whenever you are thirsty.
If you must drink the water, be sure and boil it, and when I say boil, boil it for at least five minutes.
Many people complain about drinking boiled water because the air is lost and it tastes flat, but to rectify this, if you will take two clean boilers or pans and pour the water back and forth for about five minutes, keeping the containers separated as far as possible, you will aerate the water and it will taste as it did before.
If you are going out to places

where the water is suspicious or you don't know anything about it, go to your physician and take the typhoid immunization, as by so doing you might save three months in the hospital. Typhoid immunization should be repeated every three years and is sure protection against typhoid fever. The immunization is harmless and causes no severe or constitutional reactions.

WILLIAMS CREEK GRANGERS GIVEN FORESTRY VIEWS

WILLIAMS CREEK, Ore., June 13.—(Spl.)—Williams Grange met Saturday evening at the community hall. Two were obligated in the third and fourth degree work. Lecture hour was given over to the state forestry department, represented by Mr. Fuller, who presented some very interesting and beautiful pictures. Next meeting will be the third Saturday in June.
Mr. and Mrs. George Fields attended grange at Central Point the first meeting in the new hall at Williams is progressing nicely. The concrete is all poured for the basement and first story. Monday and Tuesday of last week there were 20 men at work on it. The ladies prepared a warm lunch at noon.
John Anderson, master of the Central Point grange, and wife, George Fields, master of the Williams grange, wife and daughter, Mrs. Fields, left Monday for Redmond, Ore., to attend the state grange.

CENTRAL POINT

CENTRAL POINT, Ore., June 13.—(Special.) Mr. and Mrs. Jesse Richardson have as guests from Fresno, California, Mr. and Mrs. Henderson and Mrs. Ambrey Potter and children.
Mrs. Morse Haley and children left Tuesday for a visit with relatives in Eugene.
Will Simmons left by auto early Wednesday morning for Walnut Hill, Illinois where he will make his home with his parents.
Mr. and Mrs. Ray Neal of Anaheim, Calif., spent a few days visiting at the Frank Crocker home. While here they visited Crater Lake and Diamond Lake. Mrs. Neal is a sister of Mrs. Cecil Crocker.
Mr. and Mrs. Root returned to their home on Sunday after spending several days at Crescent City.
Mr. and Mrs. Bruce Powell and daughter of Klamath Falls, moved into the Walker house this week. Mrs. Powell is a sister of Mrs. Victor Bursell.
A very successful clinic was held at the Health Center on the afternoon of June 10. Dr. B. C. Wilson examined ten pre-school children besides several babies. Mrs. Al Hermonson was in charge of the clinic. She was assisted by Mrs. Lella Passan and Mrs. Edw. Jones. Mr. and Mrs. Gene Rowland of the Nip and Sip service station returned Thursday from a trip to Portland.
Mr. and Mrs. William Root are building a new home on the west side of Central Point near the home of Mr. Root's parents.
Mrs. Al Hermonson and three daughters were guests at the home of Mr. and Mrs. M. N. Morris of Medford on Thursday.

JACKSONVILLE

JACKSONVILLE, Ore., June 13.—(Special.) Horace Jenkins returned home Saturday morning by airplane from San Francisco where he has been attending the Seventh Day Adventist conference.
Mrs. J. M. Cantrell of Jacksonville left early for Portland, to visit her sister and brother-in-law, Mr. and Mrs. Dr. B. E. Wright who will accompany her to witness the graduation of her son Harold Hildreth from the university.
Joe Hall of Medford visited his niece, Mrs. Ethel Olson and family Tuesday evening.
Mr. and Mrs. Charley Adams of Medford visited relatives here Tuesday.
Mrs. Eric White and Mrs. Henry Miller were guests Wednesday afternoon of Mrs. Maggie Webster of Medford, where she entertained members and friends of the relief corps.
Mr. and Mrs. Bill Ray were Tuesday visitors at Ashland.
Mr. and Mrs. Grant Stanwood and son Carl of Gold Hill, Mrs. E. C. Stanwood of Crescent City, a former resident of this place, were visitors at the George Wendt home Monday.
Mrs. Myrtle Forbes, wife of Dr. D. A. Forbes and mother of Stewart and Robert Forbes was laid to rest in the Medford cemetery Wednesday afternoon. Funeral services were held at the First Methodist church. Rev. Jones, Presbyterian minister, assisted.
F. E. West, president of the Western System and F. B. Wismer, vice president of the association of bonded attorneys and wives, all of San Francisco, were guests of Mr. and Mrs. Bill Ray Tuesday evening.
A school meeting will be held at the school house Monday afternoon June 16th. There will be an election of a clerk and director. All patrons of the district are urged to attend.
George Forbes, Mrs. May Forbes and daughter of Portland and Charles Forbes of Washington who were called here by the death of Mrs. D. A. Forbes, spent Tuesday night at the home of Dr. D. A. Forbes.
Mrs. Mae Forbes and daughter

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Paprika

For Deviled Raisins, cook large seedless raisins in hot olive oil until plump. Drain on brown paper and sprinkle with salt and Schilling Paprika or Cayenne.

Creamed Chicken gains interest if 1/2 cup chopped ripe olives and a few mushrooms along with 3 or 4 tablespoons Schilling Sherry Wine Seasoning are added to the cream sauce. Garnish with Schilling Paprika.

Baked Fish may be garnished with slices of lemon—half the slice covered with chopped parsley and the other with Schilling Paprika.

Paprika Sauce—an excellent adjunct to cubed boiled potatoes is made by adding 1 tablespoon grated onion or 1/2 teaspoon Schilling Onion Salt and 1 teaspoon Schilling Paprika to 1 cup medium White Sauce.

Cheese may be folded into left over pastry with a few grains of Schilling Cayenne and several dashes of Schilling Paprika to appear as Crispy Cheese Straws.

Paprika Roquefort Dressing. Add to 1 cup French Dressing 3 tablespoons Roquefort Cheese and Schilling Paprika to give a red tint.

Schilling Paprika dresses up the cup of Cream Soup. In combination with chopped parsley it is a most colorful garnish.

Mustard

A Stew or Ragout made from left-over bits of a roast may be revived by the addition of Schilling Mustard.

For Deviled Ham Slices—rub slices of ham with Schilling Dry Mustard—a little Worcestershire Sauce and Schilling Ground Cloves. Dip each slice in slightly beaten egg, then in rolled cracker crumbs and egg again. Saute in butter or drippings until golden brown.

Deviled Meat Fritters. Make a batter of 2 level tablespoons Schilling Mustard, 3 tablespoons flour, 2 eggs, 1 teaspoon salt, a few grains Schilling Cayenne, 1 teaspoon salad oil and 1 teaspoon vinegar. Slice cold meat and let soak in this batter. Fry light brown in hot oil or drippings. Gradually pour remaining batter into 1 cup hot soup stock, stirring constantly to prevent lumps. Bring to boil slowly, adding 1 teaspoon butter. When thickened, pour over meat and serve.

As a relish to tempt the jaded appetite—Mix Schilling Dry Mustard with cold water to the consistency of cream. Let stand 10 minutes to develop flavor. Serve with hot meats.

Deviled Chicken is an unusual treatment of broiled chicken. Before broiling cut slashes in chicken, rub in Schilling Dry Mustard and Schilling Cayenne. Brush with butter and broil carefully.

Almond Extract

Schilling Almond Extract as the last superior drop to a Fruit Cup assumes a new role.

Angel Cake is delicious with 1/4 teaspoon Schilling Almond Extract and 1/4 teaspoon Schilling Vanilla.

A delicious simple dessert is made by serving Canned Peaches with a Custard Sauce flavored with Schilling Almond Extract.

Pale-Faced Desserts such as Junket are more acceptable to his Royal Highness, Jr. if tinted with Schilling Colorings and the flavor varied from time to time. Schilling Almond, Orange, Nutmeg and Cinnamon Extracts are a decided change from the usual vanilla.

Custard, Rice or Bread Puddings may be made distinctive in flavor and to suit the taste of the family by changing from Schilling Orange to Lemon, and from Vanilla to Almond. Schilling Spices are always good in such desserts. Schilling Nutmeg or Cinnamon are used to flavor the pudding and also dusted heavily on top as a garnish.

Remember—in things as in all else—1/2 teaspoon Schilling Almond Extract industriously does the work of 2 teaspoons of Schilling Vanilla.

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