

Feeding the Family

By Zola Vincent
Food Editor

The dairy industry is so vast and so important to the economy of the country that the entire month of June is set apart for celebrating National Dairy Month and for emphasis on the importance of milk and milk products in the family's diet.

Milk is one of the oldest known foods. Sanskrit writings 6,000 years ago, mentioned milk as one of the most essential foods. Hippocrates recommended milk as a medicine five centuries B.C. Christopher Columbus brought the first cows to America on his second voyage in 1495. Cows came west with the covered wagons.

Dairying Major Industry

Today, dairying is a major industry in Oregon. Latest cow count revealed 219,000 of these milk-giving bovine critters with a value of \$47 million. Oregon produced 609 million quarts of milk in 1950; an average per Oregon milk cow of 2,781 quarts as compared to the national average of 2,461 quarts. (1950 statistics are most recent. It takes time to count that many quarts of milk.)

Milk Products Production High

Oregon dairymen produced 17,375,000 pounds of creamery butter, 6,680,000 gallons of ice cream. The Beaver State really shines when it comes to cheese production; is tenth among the 48 states and leads western states by a wide margin. Oregon's annual cheese production is estimated at 23,750,000 pounds; is enjoyed the world over. Per capita consumption of butter is 10.8 pounds; of cheese, 7.5 pounds; of ice cream, 13.6 quarts. How are you doing with your family's share?

Nutritive Value of Milk

A quart of milk, 4 glasses, supplies approximately these percentages of the daily nutritional requirements of an average man; calcium 100 per cent plus; riboflavin (vitamin G) 82 per cent; phosphorus 47 per cent; protein 49 per cent; vitamin A 30 per cent; thiamin (vitamin B1) 22 per cent; calories 22 per cent; vitamin C 19 per cent; niacin 6 per cent; iron 3 per cent.

Economy of Milk

There is no waste in milk. Every drop can be used and the cost is low in proportion to food value. Government nutritionists say that, in terms of money value, from 1/5 to 1/3 of the allowance for the family's food should be spent for milk and milk products.

Fluid milk accounts for 37.3 per cent of the more than 57 billion quarts produced annually; 22.7 per cent goes into creamery butter; 4.3 per cent into farm butter; 9.5 per cent into cheese; 5.6 per cent into evaporated and condensed milk; 5.1 per cent into ice cream; .8 per cent into dried whole milk. Other uses account for 1.9 per cent in case you're the type who adds that all up.

Now let's get busy about the care and use of milk and milk products.

Care of Milk

Celebrate National Dairy Month by checking up on these items and your habits.

Wipe the bottles or cartons with a damp cloth and hustle them into the refrigerator. Milk needs a cool, dark place. Some precious vitamins are destroyed by light.

Cover milk to protect its delicate flavor. Other odors easily creep in when it is left uncovered.

Pour out the milk you plan to use at any one time and return rest to refrigerator.

Use yesterday's milk before today's. This is easy to do if you always put new containers behind ones already in the refrigerator.

Care of Butter

Keep butter in refrigerator wrapped and in its package or a covered container.

Remove a cube at a time or cut off the amount you plan to use and refrigerate balance.

Care of Cheese

Cover all cheese tightly in plastic containers or jars or wrap well in aluminum foil or waxed paper. Packaged cheese may be stored in its own wrapping. Keep all cheese in the refrigerator.

Soft cheese such as cream and cottage are quite perishable but can be kept for several days in tightly covered containers.

Cut off any mold that develops on hard cheese such as American and Swiss. The cheese underneath is perfectly good. Serve most cheese at room temperature for best flavor.

Care of Ice Cream

To store ice cream for a short period in the ice cube compartment of your refrigerator, transfer it to a dry refrigerator tray and cover with waxed paper.

Keep ice cream in the cartons in your home freezer or frozen food compartment of the refrigerator if you have this new type of equipment. Pre-packaged ice cream is ideal for storage. If held in the deep-freeze, it may need to be softened a little at refrigerator temperature before using.

Air Assaults Won't Intimidate Enemy

Panmunjom, Korea — (U.P.) — Red truce negotiators, in their first reference to devastating Allied air raids on North Korean power plants, said Wednesday the United Nations could not intimidate them into accepting its armistice terms.

North Korean Gen. Nam Il, chief Communist delegate, also accused the U.N. in an angry 18-minute harangue of trying to extend the war by "dangerous steps."

"Your side is reminded," he said, "that no provocative actions taken by your side outside this conference will alter the reasonable and unshakable position of our side."



OREGON CAN BE PROUD — Oregon can well be proud of its dairymen as the nation celebrates National Dairy Month. Pre-packaged ice cream is a comparative newcomer in the galaxy of milk products.

Women in Oregon Better Educated, Census Discloses

Washington — (U.P.) — Women in Oregon at the time of the 1950 census had a higher median years of school than men, the Bureau of the Census said Thursday.

Of the 910,315 persons 25 years of age and over at the time of the last census, the 447,900 women had more schooling than the 462,415 men in the age group. The bureau said the median years of school completed by women was 11.6 and by men 10.2.

Education Breakdown

Among all the persons 25 and up, 6680 had no years of school completed; 32,675 had completed one to four years of elementary school; 47,575 had completed seven years, and 206,670 had completed eight years.

Those with one to three years of high school numbered 167,720, and the high school graduates numbered 228,890. Persons in Oregon having one to three years of college numbered 92,465, and those having four or more years of college, 60,515.

INBOUND ROADS VITAL

If any organized evacuation is required after a large-scale disaster, it will be accomplished on secondary roads. Main concern for civil defense people is keeping the inbound, primary roads open for emergency vehicles.



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Heavy Infestation Of Juniper Scale Reported in Area

Juniper trees, madroñas and other shrubs are badly infested with scale in this area, according to C. B. Cordy, county extension agent. The infestation is so severe in many cases that much of the inside growth has died, he said.

The juniper scale is very small and difficult to detect, he stated. The scale now on the madroña trees is about half the size of a pencil eraser.

Now is one of the two times when these scales can be controlled. The young are seeking a place to settle down for their lives and their bodies are soft and unprotected. They can be largely destroyed by sprays. The other time of the year when the scales can be controlled is the dormant season.

Many yard and garden shrubs are evergreens that cannot tolerate the caustic sprays used for dormant spraying, so the summer spray is necessary. This spray consists of one pint of

summer spray oil in four gallons of water.

Summer spray must be applied very thoroughly, as each scale must be coated with it. The under sides of the leaves as well as the twigs must be sprayed.

If there is much spraying to be done, Cordy said, one should arrange to use a power sprayer, to be assured of getting thorough coverage. Three gallons of summer oil is used to 100 gallons of water in these large rigs.

Waxy Gordon Dies In Alcatraz Prison

San Francisco — (U.P.) — The last of the fabulous prohibition beer barons, Irving (Waxy Gordon) Wexler, died Tuesday at Alcatraz Prison in San Francisco Bay while awaiting trial on a narcotics charge.

Wexler, 62, was the last of the illegal liquor kingpins of the twenties. He predicted he "would die in prison" when arrested by New York police last August.

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LITTLE TOO LATE
Milton, Vt.—(U.P.)—A postcard mailed to Carter Garrow on Aug. 15, 1911, from Everett, Mass., arrived here a little too late. Garrow moved to Boston just before the 41-year-old greeting arrived.

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In 1950, 9,400 pedestrians bet—and lost. Another 299,000 gambled against traffic odds and came away injured. One out of every three traffic deaths were pedestrians, most of them struck down at or between intersections or on the open roads during dark hours.

We are still a nation of jay-walkers whose mental attitude apes the speeding driver, getting there fastest by the shortest route and leaving personal safety at the curb.

When you are walking remember, the red light means you, too. Cross at intersections on the green or amber light meant for you, but watch out for reckless drivers, too. On highways walk facing oncoming cars. At night wear or carry something white, use a flashlight. Let drivers know you are there.

Don't jay-walk into eternity.



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