

Atomic Food Sterilization Studied by Corps of Army

By HELEN THOMAS
United Press Correspondent
Washington — (U.P.) — The atomic age is coming to the kitchen.

Use of the atom to preserve food definitely is in sight, although it may be a long while before the modern home boasts atomic heat and light.

The Army Quartermaster corps, with the help of the Atomic Energy commission and allied government and industrial institutions, is spearheading the study of sterilization of food by atomic radiation. Although the project still is in its infancy it has met with considerable success.

The Army undertook the five-year program with an eye toward such logistical economies as lighter packaging and less use of refrigeration — not to mention the morale-lifting aspects of a more appetizing GI table.

Experiments to date have shown that foods subjected to gamma rays remain phenomenally free from spoilage.

Accidental Discovery

Conceivably, the Army food preservation research could abolish K-rations, dehydrated potatoes and powdered eggs for the serviceman on the lonely outpost. The advantages are untold for the homemaker, who would be able to keep a well-stocked pantry and refrigerator for months without fear of food decay.

Most of the experiments have been conducted at the Quartermaster Food and Container Institute for the Armed Forces at Chicago, Ill. But several research contracts have been farmed out to universities and food institutes.

Actually, the research in atomic preservation of food has been going on for years, but it was World War II as a result of the move into high gear after availability of radioactive isotopes. Some of the sensational work has been carried on at the Brookhaven Laboratories on Long Island, where, by sheer accident and the failure of one experiment, scientists discovered they could preserve potatoes fresh and firm for nine months.

The process could be likened to having a box of groceries X-rayed. It is sterilized but no harmful radiation which could be harmful to the consumer.

Many Problems

Other experiments have been conducted with slices of bread, encased in airtight envelopes to prevent drying out. Untreated slices of bread developed extensive mold after several days

Those given isotopic treatment were in perfect condition three weeks later.

In another demonstration, three samples of frankfurters were placed in airtight plastic envelopes. In three days, an untreated sample developed mold and spoilage at room temperature. A sample treated with mild radiation remained fresh for approximately 10 days. A sample treated with more extensive radiation was unspoiled after two months' exposure at room temperature.

But the scientists point out there are many problems yet to be solved—such as alterations in flavor, odor and color in some foods, length of time of storage after radiation, and development of new packaging methods. So, don't get rid of your refrigerator yet.

Spooks, Goblins Attend Y Party Friday Evening

The Medford YMCA's traditional Halloween party Friday evening attracted about 300 assorted witches, spooks, goblins and parents.

One feature was a "spook tunnel," which wound through the basement of the YMCA and was inhabited by ghostly creatures who in real life are a group of older boys active in the "Y" program. Donald Day and several fathers conducted the boys and girls through the tunnel.

Mr. and Mrs. Charles Lewis headed the committee which planned the refreshments and events. Decorations were provided by Mrs. Joe Wittenburger, Mrs. T. N. Billings, and Mrs. Lewis. Carl Gordon carved pumpkins.

Following a movie, the costume parade was held in which the Milton D. Singler family won first prize as the best-costumed family. Craig Walstead won for the funniest costume, Anne Manno for the scariest costume, Diane Lewis for the prettiest costume, and Larry Wright won the "Hallowecnist" prize as Casper the Ghost.

Bob McCorkle presented a prize balloon to all wearing a costume. Mimi Jones and Sherry McCreary told fortunes for about 100 pranksters and various Halloween games and races were held.

The party ended with serving cider and gingerbread baked by the mothers.

There are about 4,300 tree farms in 36 states, including 28,000,000 acres of land, according to the Southern Pine association.

Play Features PTA Meeting In Eagle Point

Eagle Point—A short play, "Scattered Showers," presented by a Butte Falls cast, featured a meeting of Eagle Point Parent-Teacher association held October 26 at the high school with a capacity attendance.

The program chairman, Mrs. John Huffman, introduced Mrs. Edwin Malloy, director of the play. In the cast were Mrs. Charles Jenkins, Mrs. Keith Scott and Mrs. William Edmondson, who portrayed three mothers advocating different methods of child guidance.

Following the play, a group discussion was led by Floyd Warner, psychology major and instructor in the local high school. Mrs. Ray Palm, PTA chairman, introduced Mrs. Doris Smith, newly engaged teacher for the third grade, whose employment has enabled Mrs. Eva McKee to return to her eighth grade class.

Mrs. Dale Ackerman has been appointed historian for the year.

Mrs. Merle McGraw reported on membership, thanking the school for assistance with notices sent home by the children. She also expressed appreciation for help given on membership registration during the evening by Mrs. Love and Mrs. Ruth Wood. It has been decided that the room which attains an 80 per cent membership of parents in PTA will have an ice cream party in addition to the picture originally offered as a prize.

Mrs. Lester McFall introduced the room mothers. They are Mesdames Ruben Denning, L. W. Beddingfield, Don Hinson, Victor A. Frost, James Tremble, G. W. Weltman, Tom Shearin, Glenn Nelson, Virgil Miller, Arnold Arens, Adolph Uhrlich, Lenn Hickman, Jim Clarke, Jim Wallis, R. B. Brown, C. P. Fox, Wayne Whaley, Otis Hill, Ruth Wood, Arla Wealty, Dale Ackerman, John Noble, Christine Linder, Vinson Vaughan, Henry Renfrow, A. F. Gilbreath, Paul Hopkins, Robert Meyer, Harry Hanscom, Lester McFall, John Johnson, Pat Bush, Jack Adams, Francis Putman, Kenneth Dufour, Clayton Calloway, Clarence Sinclair, Harold Ottosen, Frank Elrod, Joe Whipple, Merle McGraw, Charles E. Kimmel, Bill Jackson, John Huffman and John Esp.

Sponsors for the high school are Mrs. Fred Farlow, Mrs. Arnold Nease, Mrs. Ray Tresham, Mrs. Jack Caldwell, Mr. and Mrs. G. E. Elrod, Mr. and Mrs. Ted Daw, Mr. and Mrs. Claude Griffin, Mr. and Mrs. John Johnson and Mr. and Mrs. Willard Cave.

The budget was presented by the treasurer, Mrs. Vinson Vaughan, and adopted.

Room count was won by Mrs. Bekker's first and second grade.

Mrs. Helen Bekker offered Southern Oregon Child Guidance Clinic Association memberships in the absence of representative, Mrs. Lester Brndshaw. Either of them will be glad to accept memberships in the organization.

Mrs. Malloy of Butte Falls offered brochures concerning the proposed Jackson county detention home with the plea that delinquent children be provided with the minimum requirements provided by law, fresh air, exercise and three meals a day, which they do not have under present conditions.

Mrs. Pomroy announced a meeting of the Regional Better Schools conference to be held Saturday, Nov. 6 at Lincoln school in Medford, from 1 to 4:30 p.m. Registration will be from 12 to 1 o'clock. Dr. Harry E. Dillon of Linfield college, will speak on public relations. Lay people are especially invited to attend this meeting.

Toka Shukin Camp Fire Girls were on hand to care for children during the meeting, a service they have volunteered for the year. It was erroneously reported to be the Girl Scouts who were doing this work.

Refreshments were served by the upper grades mothers in the home economics room.

Remove grease spots from wallpaper by covering the spot with a paste of cornstarch and water. Let dry then brush off. Or use a clean blotter on the spot, then apply a warm iron. Or, rub fresh white bread on the spot.

The U.S. postal savings system has deposits of about \$2,341,000,000.

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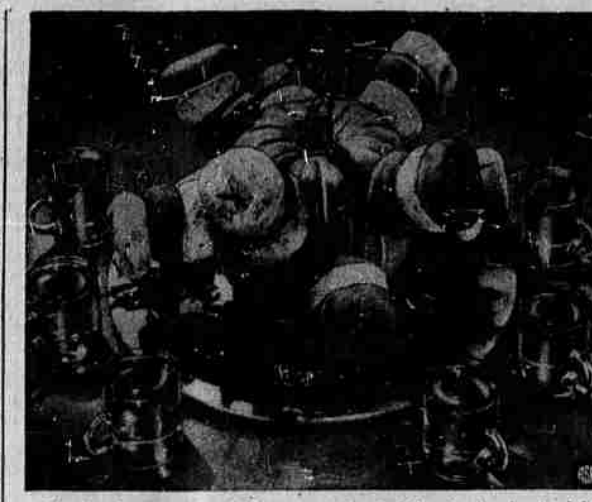
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It's time for pumpkin picking—sugared and plain cake doughnuts right off the Halloween pumpkin. Enjoy them with your cider sipping.

It's time for pumpkin picking—sugared and spiced doughnuts right off the traditional Halloween pumpkin. Reserve a nicely shaped one from the Jack-o'-lantern supply, plunk it down on a chop plate and decorate with autumn leaves. Your trick with this treat will be a few colorful knitting needles inserted securely into the pumpkin. On these, you hang the easiest of desserts—sugared, frosted or plain doughnuts purchased from your favorite bakery or food shop.

Appetites will begin to soar after an evening of spoofing the spooks and dunking for apples. Everyone will enjoy picking doughnuts and sipping cider. Here is a cider punch with a festive flavor from added grape juice and lemon juice.

Cider Punch

3/4 cup sugar, 1 quart water, 1/4 cup grape juice, 1/4 cup lemon juice, 1 pint apple cider.

Combine sugar and water in a saucepan and cook until mixture boils. Add cider, grape and lemon juices and chill before serving.

Yield: 7 1/2 cups Cider Punch

Lions' Auxiliary To Aid Campaign

Shady Cove — Plans for participating in the Shady Cove safety program were made at a meeting of Shady Cove-Trail Lions Club auxiliary at the home of Mrs. Floyd K. Kelley last week. This work will begin November 1, and will be in cooperation with other local organizations.

Mrs. Frank Allen reported on a meeting at VFW hall, where the work was explained. The Lady Lions were represented at a later meeting on Safety at VFW hall by their president, Mrs. Frank Fagilde.

The rummage, plant and food sale at Shady Cove cleaners October 23, was successful, and the auxiliary will add \$100 to the

Shady Cove fire hall building fund. Members of the local Lions auxiliary wish to express their gratitude to all who helped make the sale a success.

Professor Has Unique Way of Instruction

Vermillion, S. D.—(U.P.)—Dr. Sherwood Cummings, an English professor at the University of South Dakota, has an unusual way of teaching his students the importance of placing modifiers in their correct place in a sentence.

He teaches the students the sentence, "She told me that she loved me," and points out that the word "only" used before each word gives the sentence seven different meanings.

Natural Gas Used To Cook, Grow Food

New York—(U.P.)—Natural gas not only cooks your food, it grows it, too.

Farmers report they are getting better crops nowadays after treating the soil with anhydrous ammonia, which is a blend of natural gas, steam and air. This new chemical is either mixed with irrigation water or plowed into the soil with special equipment.

his crops, a farmer now need only use the new chemical for more profitable farming since anhydrous ammonia's weight consists of four-fifths nitrogen. GAMA estimates some 9,000,000 acres in 40 states will be fertilized with 30,000 tons of the chemical this year.

California has 1,600,000 acres in Western pine tree farms.

When the weather turns cool, heat canned tomato juice just to a boil. Add a teaspoon of butter to each serving and stir until the butter melts. Serve either in bouillon cups or small glasses. Don't forget a slice of lemon for flavor.

The glaciers on Mount Rainier in Mount Rainier National Park constitute the largest single peak glacier system in the United States proper.

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NEW PROOF

THAT MILLIONS CAN END THE "NEED" FOR HARSH DRUG-TYPE LAXATIVES

—find relief from common constipation this safe, natural way without the injurious effects of repeated laxative use.

The past 30 years have seen greater advances in medical science than all the preceding centuries put together—in the entire history of man.

The life expectancy of our people, particularly the happy, productive "prime of life" has been increased by years—through use of the "miracle drugs" of modern medicine and new knowledge of "miracle food elements" including vitamins and minerals.

The light of this new science has also revealed important things about our most common trouble—common constipation due to lack of bulk in the diet. Things you should know if you are among the 7 out of every 10 people who suffer, occasionally, frequently or steadily from constipation—due to tensions, lack of exercise, processed foods lacking in bulk, pressures of daily living.

This new knowledge brings new hope—but it also points out clearly the dangers to health that lie in the ordinary "drug-type" laxatives you are probably using.

But first—it describes these facts about constipation itself... **CONSTIPATION IS SELDOM A "READY-MADE" TROUBLE THAT STRIKES WITHOUT WARNING. IT IS A "PROGRESSIVE DISEASE" THAT INCREASES FROM OCCASIONAL—TO COMMON—TO CHRONIC. IT TENDS TO BECOME STEADILY MORE SERIOUS—UNLESS PROPER TREATMENT IS USED! IT GETS WORSE AS YOU GET OLDER!**

AND MOST SERIOUS! A great danger in constipation frequently comes from the use of "drug-type" laxatives which abuse the digestive system in these ways:

1. Most purgative compounds, designed for fast overnight relief, must depend on: (a) mechanical action which loads the lower intestine (colon) with a flood of water; or (b) "irritant" action which, with certain chemical ingredients, prods bowel walls into muscular contraction.
2. These compounds draw off water from the system and rush it through the intestines; thus also drawing off fluids and juices needed for normal digestion, and vitamins and minerals from the food you have eaten.
3. The chemical action of these compounds often further irritates an already over-sensitive intestinal tract.

4. RESULT: An upset stomach, a small intestine containing little nourishment to feed the body, and a colon which often needs another purgative dose—and another—and another to prod it into renewed muscular action.

IN SHORT: SUCH LAXATIVES INFLECT UPON YOUR DIGESTIVE SYSTEM UNNATURAL PUNISHMENT WHICH LEAVES A TRAIL OF DIGESTIVE HAVOC. INSTEAD OF THE CORRECTIVE RESULTS HOPED FOR, SERIOUS DAMAGE MAY FOLLOW—AND THE PROGRESS OF CONSTIPATION BE HASTENED ALARMINGLY.

TO END "NEED" OF HARSH DRUG-TYPE LAXATIVES—TRY THIS

To avoid these dangers—and provide relief from common constipation—there is this safe, natural way—long-known, but now more fully-proved by science than ever before!

It has long been a medically-established fact that nature has provided, in natural foods, every element needed for lifetime avoidance of common constipation. Many of these foods provide abundant natural fibrous bulk which normally and naturally aids the rhythmic process of elimination. Ideal among natural foods for rhythm-aiding bulk, are the outer-layers of whole wheat, generally called bran. Whole bran, properly processed and shredded, yields smooth bulk the digestive system can handle unimpaired.

Because of the known value of bran in relieving constipation, the Kellogg Company for years has produced a complete, whole bran, with nothing taken away to lessen its effectiveness—Kellogg's All-Bran—the Natural Laxative Cereal.

But, you may ask, "just how effective is All-Bran?" The answer was found in these clinical tests.

135 patients with known delayed bowel function were studied. All exhibited etiologic factors commonly known to produce constipation. Cases included those with habit irregularities, diet indiscretions and others whose discomfort was due to mechanical and other causes.

All patients ate 30 grams (about one ounce) of Kellogg's All-Bran daily for one week. They were studied clinically and with X-Ray, with tests made before, during and after they ate the All-Bran.

Results were conclusive. Of the 135 people, 107 showed definite clinical improvement in bowel activity within 7 days.

In follow-up tests, better than 6 out of 7 people improved. In only 1 out of 75 cases did the constipated condition progress.

The reason for these results is in the action of All-Bran in the body—as compared to the action of "drug-type" laxatives previously described.

1. Kellogg's All-Bran has no significant laxative action in the stomach or small intestine, thus it does not significantly change the normal digestive sequence. Only in the colon, where laxative action is needed, does laxative action take place.
2. Kellogg's All-Bran is eaten with milk, thus it draws from the system no needed water and digestive juices. It has no harsh action, thus it does not rush vitamins or minerals past the small intestine too quickly for absorption.
3. Kellogg's All-Bran is rich in vitamins and minerals, thus it actually assures the presence of these elements in the small intestine for proper absorption.
4. Kellogg's All-Bran is shredded to fine, soft consistency, thus it supplies bulk which neither irritates nor inflames the normal colon. It helps—as nature itself intended—to supply the proper consistency for unforced, normal elimination.

Thus All-Bran (as above) provides relief from constipation in a safe natural way—while avoiding the dangers of progressive constipation due to harsh laxatives.

But no exaggerated claims are made for the laxative qualities of All-Bran. It is no "over-night cure"—there is none. All-Bran must be eaten regularly to get the natural and lasting relief you want. However, you will find this easy and pleasant, as All-Bran is not only the laxative cereal—it is a delicious cereal as well. Many prefer it for breakfast on taste alone to any other cereal.

Kellogg's makes it easy for you to prove that to yourself. Just eat All-Bran every morning for 10 days. Then, if you're not completely satisfied, send the empty carton to Kellogg's, Battle Creek, Michigan—and get double your money back.

READ HOW OTHER SUFFERERS FROM CONSTIPATION (due to lack of bulk in the diet) HAVE BENEFITED:

"I took you folks up on your 10-day All-Bran idea and want you to know it did wonders for me. No more irregularity for me now—I'm staying with All-Bran for good!"

Mrs. E. R. Montour
82 Jackson Ave.
Winchendon, Mass.

"For years I had trouble with 'irregularity'. Fifteen years ago I got started on All-Bran, and became a 'regular' at once—I never have taken laxatives since."

Mr. Charles R. Richardson
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