

A Mother's Vigilance Can Prevent Accidents

A great majority of the 5,500 fatal accidents to young children yearly in the United States and Canada could be averted if parents and others in charge of children were more vigilant in watching over them.

According to studies just completed by the Metropolitan Life Insurance Company in cooperation with the committee on accident prevention of the American Academy of Pediatrics, certain types of accidents are more likely to occur at one stage of a child's development than at another, although no two children are alike and no two grow and develop at just the same rate or in just the same way. However, knowing something about their own children's typical growth and development patterns will enable many parents to foresee potential accident situations. Foreseeing them, they can help to forestall them.

For example, newborn babies are helpless and need absolute protection. Soon they'll move about and need an even more watchful eye. They'll begin to walk and roll from side to side. At this time, the following precautions are recommended:

Rebekah Meet

Merrill Rebekah Lodge No. 151 met in regular session Monday, July 20. Officers and members joined in the ceremony of draping the charter to honor the memory of Sister Nannie Van Meter. Sister Van Meter had been a member of the Rebekah Lodge for many years and was a transfer to the Merrill Lodge from Bonanza Fraternity Lodge No. 106.

The Merrill Lodge was invited to put on the initiatory degree at the Rebekah Convention in Lakeview, Aug. 15. Mildred Rexford, drill captain, announced the first drill practice for Friday, July 24, 8 p.m.

The lodge was also asked to honor the past chairman at the convention and vice-grand Leta Stolt will be in charge of the ceremony.

Members giving the secret work were Irene Hill, Marge Burleigh, Leta Stolt, Mae Anderson and Doris Reeder.

Jennie Hurn, member of Prosperity Lodge No. 104 in Klamath Falls, was a visitor.

Substitute officers for the meeting were Hazel McNeill, chaplain and Geraldine Moore, Warden.

COOL AS AN ICICLE

A cool minty compote of chilled fresh and canned fruits does wonders for lazy summer appetites. Put melon balls, fresh berries, canned cling peach slices and pineapple chunks in a large bowl. Make a sauce by combining 1/2 cup sugar with 1 cup water and boil until sugar dissolves. Add 2 tablespoons chopped fresh mint and 1/4 cup each orange and lemon juice. Pour over fruits and chill thoroughly.

"The sides of the crib must be kept up at all times. It is important to have a firm mattress that fits the crib properly. Babies should not be left alone on anything from which they might fall."

Up to six months of age they'll shift position more often, say the experts. "See that the bars of the crib are so spaced that they can't catch their head between them."

They may start to suck on toys, crib slats, and other painted objects. "Paints containing lead must not be used when refinishing furniture, toys, or anything else they are likely to put in their mouths. Avoid having small objects within their reach."

Typical of infants' behavior around 12 to 15 months is their eagerness to examine the world around them. Practically everything within sight is exciting and interesting. They want to roam all over the house. Say the experts:

"They need freedom, but they need limits. Gates at the head and foot of the stairways will prevent many a fall. Later on they'll be able to take the stairs in their stride."

They'll poke and probe with their index finger to find out about things and that is when "unused light sockets should be kept taped or capped. Electric fans or heaters should be out of reach. Bureau drawers with anything potentially dangerous in them should be locked."

They'll put practically anything in their mouths. "All household poisons and medicines should be kept out of their reach. Pins, buttons, needles, and other small objects should be put away."

At this age, too, say the pediatricians, children are curious about many things, especially those higher than their eye level. Their advice is:

"Lift them up occasionally to satisfy their curiosity. Tablecloths should not hang over the edge of the table. Keep containers of hot food and liquids in the center of the table, out of their reach, and pot handles parallel with the front of the stove."

At about two years of age the youngster is an adventurer who sometimes seems so mature that parents may forget he still needs a loving eye to watch over him. At this age children can turn door knobs and make sudden dashes to the outside; take things apart and fit them together again and experiment with their use, including knives, motor-run mixers, electrical equipment and matches.

At three years of age, say the experts, children have greater self-control and can take verbal directions. They can understand the reasons for various safety measures, such as keeping the floor clear of their toys and of other objects that can be tripped over. They are at an age when they're proud to run simple errands, though parents should not ask them to do anything potentially hazardous like crossing a street or carrying a knife or heavy glass container.

Herald and News Homemakers Corner

RUTH KING—Women's Editor
This and That About Women

"It's A Woman's World"



IF THE OLD ADAGE, "The way to a man's heart is through his stomach," is true, Mrs. Mattie Barnstable, supervisor of all Klamath Falls city school cafeterias, has set many an arid and ventricle a flutter.

Mattie Barnstable's eyes twinkle as she thinks of the mountains of food she has seen consumed with zestful appreciation in the four years she has been responsible for keeping the larders of seven elementary and the high school, filled with edibles.

Twice a year, Mrs. Barnstable really stocks up, buying huge quantities of supplies wholesale. Each school day fresh vegetables, milk, eggs and other perishables go through the kitchens to serve several thousand students.

Many boys and girls take lunches and require only milk, others eat each noon meal during the school year in the cafeterias and Mrs. Barnstable and her efficient corps of cooks and helpers must hit the nail on the head as to daily needs or have more leftovers than could be crammed into any school refrigerator.

This week, when she was caught by the lens of the camera busily checking her books in the modern, stainless steel kitchen at KUHS, was a quiet moment between arrival of "doves" of Boy Scouts, passing through Klamath Falls going and coming to the National Jamboree in California.

Cafeteria cooks and Mrs. Barnstable will prepare Monday morning breakfast for 634 Scouts, stuffing the travel-hungry lads with chilled apple juice, cereal, scrambled eggs and ham, Butterhorns and two cartons of milk; will send each on his way east with filled lunch boxes before laying the groundwork for a second meal at noon for an additional influx of Scouts.

Long ago she learned that it took every available waking moment and some disturbed sleeping hours to keep up with her heavy schedule. She belongs to the Methodist church and the ladies' group, is interested still in music, once sang in the church choir but now, spare moments are devoted to her husband, whom folks know as Barney at the Chat 'N Nibble, her daughter, Mrs. Bert Hagler, a son Conwell, and two young granddaughters.

She was born in Nebraska where the corn grows tall, taught home economics in the Goldenrod state and later at Blackfoot, Idaho before coming 21 years ago to make an interesting imprint on Klamath Falls.

Temperature Drops Down If Food Cool

When the sun is hot and the humidity high, take the family to the back yard for a cool 'n' easy supper. Keep everything simple as possible, including paper plates and napkins. This "Back Yard Supper Salad" was made for just such a meal. It's hearty and satisfying with big wedges of ripe

olives, buttery dry lima and cheese, yet has lots of crunch with crisp celery, green pepper and onion. All tossed together with a mustard-mayonnaise dressing. A large plate of cold cuts, crusty rolls and ice-cold watermelon for dessert is all you need to finish off a meal that's just right.

BACK YARD SUPPER SALAD
1 green onion
2 tablespoons chopped green sweet pepper
2 cups drained cooked large dry lima
1 cup sliced celery
3/4 cup diced American cheese
1/2 cup mayonnaise
1 tablespoon lemon juice
1 teaspoon prepared mustard
1/4 teaspoon Worcestershire sauce

green pepper, lima, celery and cheese. Blend mayonnaise, lemon juice, mustard and Worcestershire sauce. Pour over first mixture and blend lightly.

Makes 6 servings.

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