

STERLING CITY NEWS-RECORD

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Ed Uvacek, Extension Service Livestock Marketing Specialist, says that prospects for lamb prices are not good. The outlook is for seasonally lower prices into the fall with some possible improvement in the year.

Uvacek says that the Chicago wholesale price for carcass spring lambs opened \$9 lower May this year and that there has been little change since then. This coupled with the strongest slaughter period yet to come and the already low market makes for a dark picture for the sheep price. Feeder prices naturally are affected adversely by this same condition.

Texas sheep received the highest condition rating on July 1 over from the USDA while other western states remained about the same as last year's. The drought still persists in the Dakotas, Montana, Idaho, Nevada, Utah, and Arizona.

Presently, sheep numbers in Texas are the highest in many years. On January 1, there were 6.2 million head in Texas, a 37 per cent increase since 1957.

Texas' wool production for 1961 is estimated at 54.3 million pounds. This is five percent above the 1960 production and is the highest since 1948 when production reached 55.7 million pounds.

While Texas' wool production was rising, the United States' production was dropping. The wool clip is down 1 per cent and is estimated at 263,591,000 pounds grease weight.

Average fleece weight in Texas is estimated at 8.2 compared to the ten year average of 7.9. Average fleece weight in the U.S. is 8.52 pounds for 1961 compared to a ten year average of 8.4 pounds.

The wet year this year has been responsible for many of the diseases and insects affecting trees and other household plants. This year aphids are present in large numbers on many plants ranging from house plants to trees and are by far the biggest pest. They thrive in the damp, humid weather of the past two months. The same is true of many of the other diseases and insects present.

Plants which were in good condition are not as badly affected by these pests as are plants that are rundown. Keep all plants well fed and watered and you will have less trouble with the diseases. In most cases the insects will damage the healthy plants but perhaps not as seriously.

Care should be exercised in the use of insecticides on garden plants. Observe all precautions printed on the containers as to the use of insecticides on garden vegetables. Some of them can be used up to harvest time while others cannot be used within weeks of harvest time. Usually there are some insecticides that will control the insects on vegetables that will allow its use within at least three to five days of harvest. If you have any questions regarding the use of these insecticides call the county agent's office for more information.

Mr. and Mrs. Don Hodges left Wednesday morning for their home in New Orleans, La. They took their two children, Diane and Stevie who had been here two months visiting their grandparents Mr. and Mrs. Tom Onstott.

Mr. and Mrs. Harvey Glass, Mr. and Mrs. Dan Glass and Danny and Mrs. Dan Glass' aunt, returned home Tuesday from a four day trip to the scenic points in Colorado.

GIVE YOU TEXAS

By Boyce House

The leader of the wagon train reached the top of the mountain, looked at the wilderness of the valley below, with a salt sea in the distance, and said, "This is the place." Truly, Brigham Young spoke with prophetic vision for in the desert arose a prosperous economy, crowned by Salt Lake City, in some ways the most remarkable city in the United States.

The visitor is impressed by the wide city streets, (an ox team could turn in the middle of the block), by drinking fountains in each block and by the thousands of trees (which were set out).

The Hotel Utah has mezzanine walls of wrought copper and the lobby has gray marble columns, a huge chandelier and a roof of stained glass.

The "gold room" of the Capitol derives its name from the fact that the spacious hall is trimmed in gold; the mirrors are framed in gold. The rug was woven in Scotland; the tapestries are rich and the chairs and other furniture are ornate. On the ceiling is a painting, (the artist lay on his back to paint it). The guide said that, to reproduce the gold room, at present costs, would require \$400,000. Utah is No. 1 in gold production. The information came as a surprise to the tourists for we assumed that California was first and that Nevada was second.

We saw the Lion House (there is a stone lion), where Brigham Young lived; the Beehive, signifying industriousness, is appropriately, the State emblem and the grave of the city's founder was pointed out.

Most impressive sight of Salt Lake City is Temple Square. The grounds are enclosed by a wall 12 feet high and of such thickness that the traffic noises are shut out, although the square is in the very center of the business section. No smoking is permitted inside the grounds, which are beautiful; and there is a monument which shows a pioneer pulling a cart, a lad pushing it, as a baby rides and the wife and mother walks. There was a statue of Joseph Smith, the prophet, founder of the faith. And there is the famous Seagull monument. You doubtless recall the story: The growing crops of the pioneers were being devoured by swarms of insects and then a great cloud of seagulls appeared, (although the sea is far away), and devoured the insects, saving the settlement from perishing.

The temple is of course the chief feature of the square. It is a great building, of stern gray. The stone was hauled in by ox wagons. Its walls are six feet thick. Surmounting the temple is a gold statue which is regilded every 25 years. The temple is open only to believers.

Tourists are permitted to enter the tabernacle, which seats 8,000, without a post to support the roof. Everyone has heard that the acoustic qualities are such that you can hear a pin drop (I was disappointed that this was not demonstrated.) Everyone has heard, too, of the wonderful organ concerts. They are just as wonderful as they are reported to be. The marvelous tones of the great instrument rolled out Bach's "Prelude in E Flat" and another selection, "Woodland Flute Call," with the final selection being "Westminster Carillon," the chimes being very beautiful. But to me the highlight of the concert was a simple melody, "Come, Come, Ye Saints," which was written by an elder as the first trek to Utah was in progress, and the pilgrims sang it at night around the campfires.

Range Camp at Junction

The seventh annual Youth Range Camp for outstanding 4-H and FFA boys of Texas opened July 30 with registration at the A&M Adjunct near Junction. The camp is sponsored by the Texas Section of the American Society of Range Management.

The boys were selected on a basis of outstanding 4-H and FFA work and interest in or projects with range management. Expenses for each boy attending the camp were secured from local banks, service clubs, soil conservation districts, livestock associations, farms and other organizations.

The week's camp is designed to give outstanding range and ranch boys an opportunity for additional training in range management, leadership and recreation. The program will include study, judging range condition, wildlife management, ranch planning and field trips to the Awbrey Kothmann and Pierce Hoggett ranches, and the Ranch Experiment Station, Sonora. A well planned recreational and entertainment program is planned for the group between instruction periods. Clayton Stewart is attending the camp from Sterling County (or FFA Chapter) and is sponsored by Texas Sheep & Goat Raisers.

New Pure Food and Drug Law

Texas consumers of foods, drugs and cosmetics will come out on the long end of an almost completely new state law which goes into effect late next month.

The new law, aimed at consumer protection against adulteration, mislabeling and false advertising, was passed by the 57th session of the State Legislature with strong support of a major segment of the food, drug, and cosmetic industry. It becomes effective August 28, and represents the first major overhaul of the State's basic food and drug law in more than 50 years.

State health authorities say the law is a good as in force anywhere in the nation. It puts Texas on the side of the proponents of uniformity in state food and drug laws.

The old law made no provision for checking on the wholesomeness of cosmetics, whereas the new act requires truthful ingredients, and requires that products be produced and held under sanitary conditions.

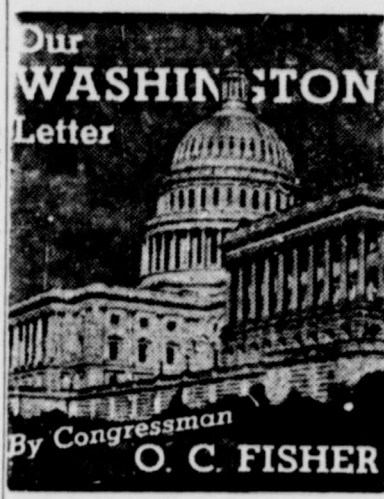
The law also brings therapeutic devices under control by outlawing worthless contrivances such as "cancer belts" and "arthritic rings" and similar quack appliances which take advantage of the desperation of afflicted people.

Under present Texas law the use of certain additives in food or drink is illegal. But after August 28 it will be permissible to use additives to enhance taste, color, texture or preservative qualities of certain foods. However, the burden of proving the additive is not injurious to human health will be on the manufacturer rather than on the enforcement agency as has been the case heretofore.

"Advances in food and drink technology over the past several years indicate a definite place in the food industry for chemical additives," says Joe F. Lakey, director of the State Health Department's food and drug division.

The department takes its task of consumer protection seriously. Lakey says division inspectors had supervised the destruction of 997,978 pounds of food as unfit for human use in the period between September 1, 1958 and August 1, 1960. He listed water, fire, rodent and insect damage as some reasons for condemnations.

To make the transition from the old law to the new one as smooth as possible, the department has scheduled training sessions for field inspectors to familiarize them



The widely acclaimed message by President Kennedy concerning the Berlin crisis received immediate response from the Congress. Authority to call up reserves and to otherwise expand our armed forces was approved within a week.

The added cost is estimated at around \$4 billion, bringing the budget for national defense alone to nearly \$50 billion during the current fiscal year.

This is all well and good. Our survival is involved, and there seems to be no alternative but to plug all loopholes and leave no stones unturned in our preparation for powerful retaliation if war is forced upon the West by the Soviet imperialists.

But unfortunately we are not well prepared for such outlays from a fiscal standpoint. This Congress has been spending money this year, chiefly for welfare programs, at an unprecedented pace. Instead of tightening our domestic belts in preparation for the day of an emergency, as contained in the President's message, the belt has been loosened by reckless spending, by a multitude of new welfare programs that cost a lot of money.

What are the facts? Thus far there have been more than 25 budget amendments transmitted to the Congress by the President. The result has been that whereas in March Secretary of Treasury Dillon estimated a deficit during the fiscal year which ended in June of \$2.2 billion, after the fiscal year ended he was forced to admit the deficit was actually \$3.9 billion!

And that tells but a part of the story. There has actually been a \$9 billion increase in authority for new and increased spending—not counting the \$4 billions requested in the emergency message. And that does not take into account a considerable amount of backdoor spending, such as is included in public housing, etc., this is not reflected in budget estimates.

This wanton spending program can only lead to more inflation and a gradual weakening of fiscal stability. It means an ever-increasing public debt. It means a more powerful government in Washington. This spending-to-lure-votes policy is simply unsound and it can lead disaster.

We must provide adequately for our defense program. But instead of talking of new and increased taxes to finance it, it is time to retrench elsewhere. There is more reason for that being done now than ever.

The Leslie Paynes left on Wednesday for Everton, Arkansas, where they will visit with the Bill Greens for a few days.

Mrs. Vera Spalti of Dallas visited her mother Mrs. Ruth Allen, and other relatives here last week.

Mr. and Mrs. H.L. Hildebrand of Sterling City and Mrs. Marvin Dayvault of Dallas left last Saturday for a trip to the western part of the country. They plan to go to Las Vegas, Nevada and points of interest in Southern California.

with the document they will be working with. (A weekly feature of the Health Education Division, Texas State Department of Health.)

Reform School Break Last Week

Charles Everett Lowe, 17, who was declared a juvenile delinquent about two years ago following a burglary at the C.C. Ainsworth Service Station here, was sent to the Gatesville Boys' School following his hearing.

Lowe, whose family lives at Crane, was charged with murder of a guard at the school last week. Young Lowe was charged with murdering the guard when nine boys broke out of the school. A baseball bat was used in the murder.

Lowe had been at Boys Ranch. He broke out and came through here, burglarizing the station. He was later caught in Arizona.

State Highway Work in Glasscock County

The Texas Highway Department has announced a new construction project in Glasscock County on State Highway 158 from Garden City to 9.353 miles West. Proposed work consists of grading, drainage structures and resurfacing. The Texas Highway Department and the contractor, Cecil Ruby Co., Inc. of Austin, stated that construction began July 18, 1961 and will be completed by October 1961.

H.L. Bailey, Sr. Resident Engineer in charge of construction on the project, stated that traffic will be routed through the construction on oil treated caliche detours. Although adequate barricades and warning signs will be prominently displayed, and the project has been zoned for 45 m.p.h. speed limit, the motorist should use extreme caution while passing through the area as it will be heavily traveled by large construction equipment.

The entire length will be patrolled to minimize inconvenience to motorists. Cooperation of the public is requested in obeying all traffic signals, warning signs and speed zones.

Patients in the Sterling County Hospital on Thursday morning of this week included—

Mrs. Louie Alexander

Dismissals since Thursday morning of last week include: Tommy Foster

George Turner

HOSPITAL NOTES

Visiting the O. F. Carpers here recently were Mr. and Mrs. Clifford Allard of Silvertown, Texas. They also visited Virgil Brownfield here. Clifford, Virgil and Ollie had been old time school mates years ago in the Sterling Creek school.

The MYF went to the Baptist revival Wednesday night. Rev. B.J. Shoemaker of Winters was the speaker of the evening. About 25 MYF members attended.

In case of fire dial 8-4771.

First Football Game September 1

Coach J.R. Dillard said this week that the Eagles would play the Gail team there on the night of September 1 for the first game of the 1961 season.

Football Barbecue Saturday Night, August 26

A kickoff barbecue and pep rally will be held in the city park on the night of Saturday, August 26. The Mother's Club of the high school will be in charge of the food, etc. Everyone in town will be welcome. The club plans to meet next week and plan for the food, etc. Other people in town not members will probably be asked to bring salads and cakes, it was said.

Mrs. Forrest Foster is the president of the Mother's Club this year.

ALL-STAR FOOTBALL—TWO BOYS PLAYING In All-Star Game Saturday

Jack Asbill and Don McDonald, both outstanding 8-man football players in this district last season, are to be on the west side of the East-West All-Star 6 and 8 man football game at Huntsville this Saturday. The boys went to Huntsville last Saturday to be on hand and to work out for the approaching game.

Local coach J. R. Dillard left for Huntsville Wednesday of this week to attend the coaching school there.

Dillard said he also planned to attend the 11-man coaching school at San Antonio.

LIONS CLUB

The Rev. B.J. Shoemaker, visiting revival preacher from Winters, spoke on World Conditions.

Elbert Travis was a guest. The prize went to W.W. Durham. The members discussed the city paving program.

The freight improvement committee met following the meeting.



The Freeloaders

Boys Ranch Needing Stock Donations

"When It's Roundup Time in Texas" is more than the name of a well-liked range song to everybody connected with Boys Ranch of West Texas near San Angelo. It reminds them of the annual Fall Round-up Sale of donated livestock which was instituted last year and which has already become vitally important to the Ranch's hardpressed budget.

The whole month of August will be roundup time this year.

That's when generous West Texas ranchmen will be asked to donate whatever livestock they can afford—whether it be a good calf of a nearly worthless old ewe—for sale. Donated livestock will be accepted and sold for benefit of Boys Ranch of West Texas, without handling charges, by the auction firm at any regular sale during the month. Proceeds of the sale will be entirely net, thanks not only to generosity of the ranchmen who gives the livestock, but to the auction company as well.

Boys Ranch of West Texas is home to 55 to 60 boys who, because of circumstances utterly beyond their control, desperately need a place where they can get the love and good training so necessary for a chance to become good citizens.

Along with this sympathetic attention and education, they also require housing, three meals a day, and decent clothing.

Last year, a single special sale at Producers Livestock Auction in San Angelo yielded several thousand dollars. But stockmen who sponsored the sale saw that many ranchmen were unable to donate livestock because they couldn't work pastures for that single purpose, or because they weren't able to get stock from far distances into San Angelo. For those reasons, this year's roundup sale is spread throughout August and is being assisted by 14 leading auction firms in various parts of West Texas.

Local "Wagon Bosses" will also participate in the campaign, contacting prospective donors, explaining the program, and other wise rendering all possible help to stockmen and auction operators in making the drive effective. These Wagon Bosses will be active west of San Angelo where no auctions exist. Stock from their localities will be sold in San Angelo. The Wagon Boss for the Sterling area is Riley J. King.

It's an area-wide effort to give West Texas stockmen an opportunity to do whatever they can to help a cause they

will all agree is worthwhile—and to lend a helping hand to some boy they may never meet but whose chance for a better life depends on their generosity.

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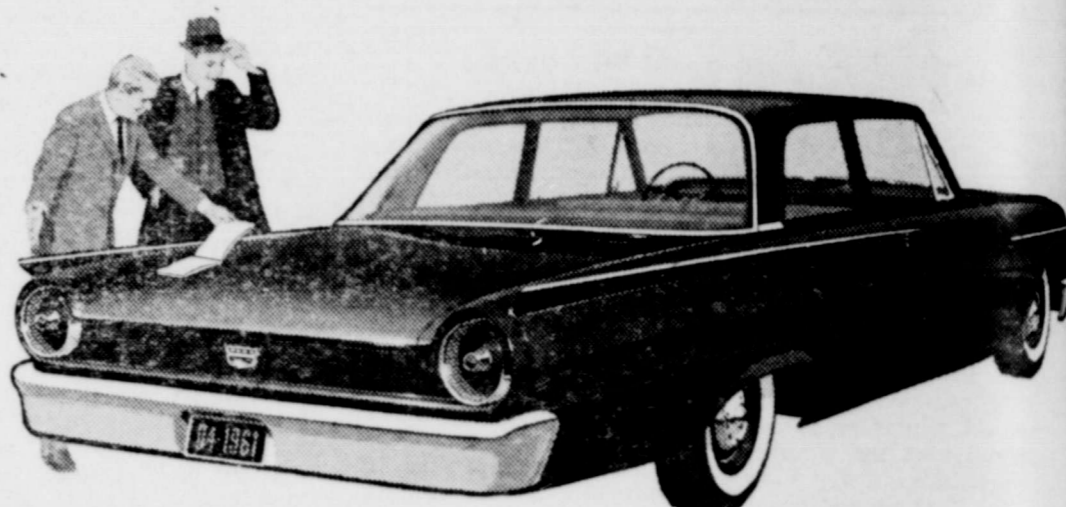
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STERLING CITY NEWS-RECORD

W. C. DOUGHTIT, Publisher
 Entered November 10, 1902
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 as second class matter.
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Cards of Thanks, reader or
 classified ads are charged for
 at the rate of 3c per word for
 the first insertion and 1 1/2
 thereafter.

**What's Doing
 in the Churches**

FIRST BAPTIST CHURCH
 Sherman Conner, Pastor
 Sunday school 10:00 a.m.
 Morning worship 11:00 a.m.
 Evening Worship 8:00 p.m.
 Wed. Prayer Serv. 8:00 p.m.

CHURCH OF CHRIST
 Marion H. Hays, Minister
 Bible school 10:00 a.m.
 Morning worship 11:00 a.m.
 Night Worship 7:00 p.m.
 Wednesday Mid-Week
 Service 8:00 p.m.

**ST. PASCAL BAYLON
 CATHOLIC CHURCH**
 Fr. Bertram Tiemeyer,
 O.F.M., Pastor
 Sunday Mass (Oct. thru
 Mar.) 1:00 p.m.
 (Apr. thru Sept.) 12:15 p.m.
 Lenten Services: Way of the
 Cross and Filmstrips with
 dialogue on "The Good
 News of Christ" Sunday at
 7:30 p.m.

FIRST METHODIST CHURCH
 John Gibbs, Pastor
 Church school 10:00 a.m.
 Morning worship 11:00 a.m.
 Evening Worship 7:30 p.m.

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 Hubert C. Travis, Minister
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Tooth Taboos

In the primitive tribes on the island of Samoa, the loss of a tooth was believed to be a punishment inflicted by a household god because that person had violated a certain taboo. Similarly, in our civilized society the breaking of the taboos or rules of good nutrition can result, conceivably, in the loss of one or more teeth.

Scientists are convinced that a significant amount of dental decay is caused by improper nutrition. Failure to provide proper nutrients in the diet of an infant can seriously impair the development of healthy teeth. These poor nutritional habits, carried through adulthood, can cause permanent damage.

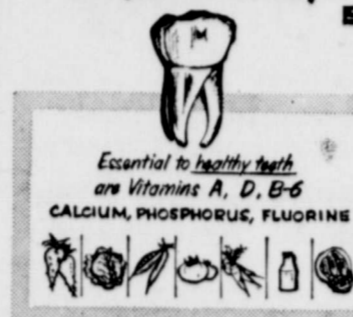
It is believed that a diet balanced in vital nutrients and supplemented by a multiple vitamin preparation such as One-A-Day, can be a major factor in preventing harmful decay—from childhood through adolescence.

Intake of sufficient quantities of certain vitamins and minerals is essential for the proper development of teeth. Most important in the diet are the vitamins A, D, and B-6 (pyridoxine) and the minerals calcium, phosphorus and fluorine.

Vitamin A can profoundly influence the development of teeth, for if a child gets too little vitamin A when his teeth are developing, the enamel-forming cells in the gums become abnormal and cease to function properly. This leads to pitting in the enamel surface of the tooth. These pits later harbor food deposits, which may ferment and form acids that etch the enamel and lead to decay.

Vitamin D not only aids in the development of bones, but also is involved in the body's absorption and utilization of the

Our teeth need vital nutrients to develop and prevent decay...



minerals calcium and phosphorus—which are found in large amounts in the teeth. In fact, the enamel and dentine are composed almost entirely of these two elements.

Another vitamin which is vital to our teeth is B-6. New experimental studies presented by a scientist at the recent meeting of the American Society for Clinical Nutrition, indicated that vitamin B-6 greatly reduced incidence of new cavities in pregnant women. Vitamin B-6, they found, is very effective in preventing tooth decay.

Research continues on the role of vitamins in fighting tooth decay. Scientists would like to know exactly how these nutrients work to prevent decay. Once they obtain this knowledge, they may be able to make dietary recommendations that will go a long way toward eliminating the problem of tooth decay.

REWARD NOTICE

A reward of \$500.00 will be paid by the Texas Sheep and Goat Raisers Association to any person (other than law enforcement officers) giving information causing the arrest and final conviction of any person or persons found butchering or stealing any sheep or lambs or goats belonging to any Association member in good standing. When two or more persons give information, the above sum will be divided at the discretion of the Board of the Association. When two or more defendants are involved in a single crime, the total reward is limited to \$500.00, but the conviction of one defendant, even though the other defendants are acquitted, will entitle the claimant or claimants to said sum of \$500.00. All claims must be submitted within ninety (90) days following conviction. If, upon conviction, a defendant confesses other thefts, no additional reward will be paid. All deviations concerning the payment of such reward and the conditions of payment will be made by the Board of Directors of the Association.
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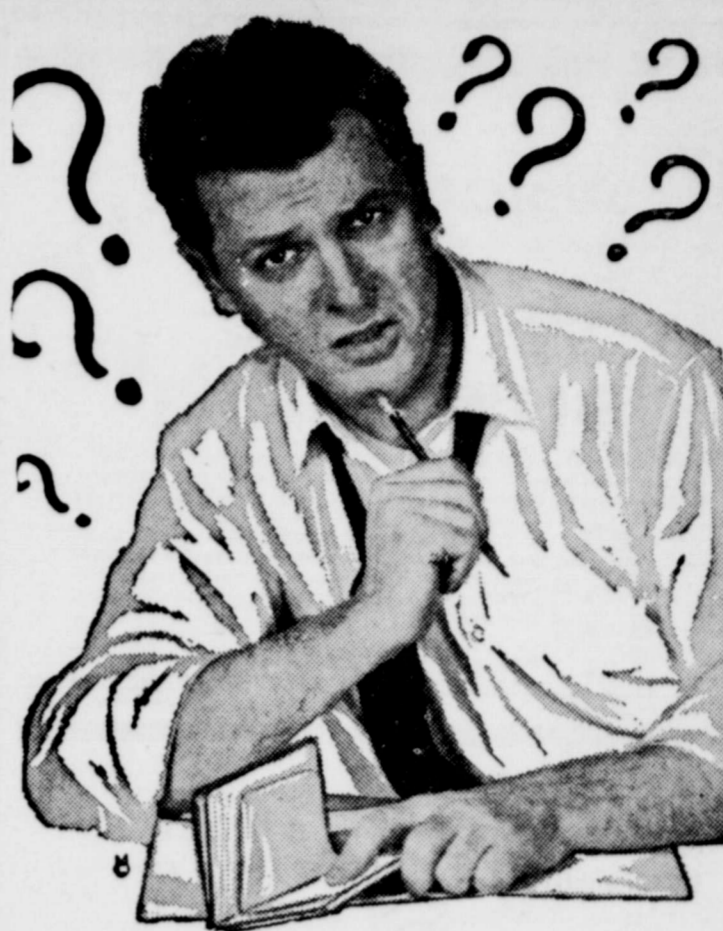
Actually an amazing complete encyclopedia of Texas, the new Almanac (with the final 1960 census figures to work from) contains millions of facts and figures about the Lone Star State heretofore unpublished. An invaluable reference source for businessmen, teachers, students, salesmen, farmers, etc. Ideal as a gift!

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
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
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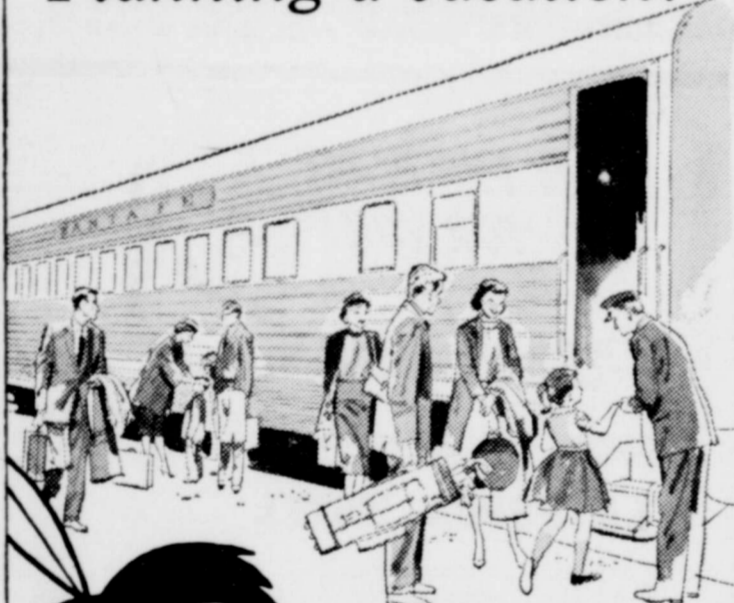
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Much Diabetes Undetected

Various educated guesses as to the number of undiscovered diabetics in the United States place the figure somewhere between one and two million. Undoubtedly a fair proportion of them are Texans.

Diabetes is a systemic metabolic disease in which the body loses its ability to use sugar normally. It can develop at any age, but most new victims are 50 or older.

Normally, the gland called the pancreas produces a secretion called insulin which is released into the blood. In the presence of insulin, sugar in the blood is burned, especially by muscular activity. Any excess of sugar in the presence of a normal amount of insulin stored temporarily, mostly in the liver, and released into the blood stream as needed.

This is the normal pattern. But in a person suffering with diabetes the pancreas fails to produce sufficient insulin. And when starches are eaten and absorbed as sugar, the body is unable to control the sugar normally by storing it in the liver or to burn it efficiently in muscular exercise. Result: the sugar content of blood increases abnormally.

Because a diabetic is unable to burn sugar efficiently for energy, he becomes weak and tired, hungry and undernourished. When blood sugar gets too high, the kidneys—in an effort to lower it—removes some of the sugar by excreting it in urine. This makes the body dry and creates thirst.

Proof of the hereditary nature of diabetes is the fact that surveys of diabetic children show 80 per cent are from families with a history of diabetes. Recent studies have shown that both mothers and babies weighing 10-12 pounds at birth have a pronounced tendency to develop diabetes in later life.

Overeating and lack of muscular exercise tend to promote obesity which in turn create a tendency toward diabetes. It has been shown that 20 fat persons develop the disease for every thin one who does. Moral: don't overeat, don't get overweight, but do get plenty of exercise.

You can judge your own disposition toward diabetes. Are you overweight? Do you overeat? Is there diabetes in your family? Were you a "heavy" baby at birth? Do you have any of these symptoms: persistent hunger or thirst, loss of weight or strength, excessive urination? If so, you're a fair candidate for diabetes and ought to promptly consult your family physician. (A weekly service of the Health Education Division, Texas State Department of Health.)

Tanya Loury, daughter of Mr. and Mrs. Wayne Loury, spent last week in Childress visiting her grandparents, Mr. and Mrs. W. E. Williams.

"Kirk" Kirkpatrick of Robert Lee was here Tuesday as a representative of the Coke County Barracks (Veterans of World War I) inviting such Legionnaires here to attend a meeting there Thursday of this week.

Survivors May Be Eligible For Social Security Payments

Social security benefits may now be paid to survivors of workers who died between March 31, 1938, and January 1, 1940, if the worker had at least a year and a half of social security work before he died, says Floyd B. Ellington, manager of the San Angelo Social Security Administration District Office.

Before the Social Security Amendments of 1960, no monthly benefits were payable to the survivors of a worker who died before 1940.

Under the new law, if such worker had worked under social security for at least a year and a half, benefits are payable to his widow and dependent mother at age 62, to his dependent father at age 65, and to his disabled children who were disabled before they became age 18. This is true even if the family had collected the "lump sum" at the time he died.



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JUST BETWEEN US SPORTSMEN
— by Joe Bates, Jr., Guest Columnist



With the season for good fishing fast coming up, it seems timely to remind readers of some tips which make fishing more fun. Even old hands at the game aren't always "lucky", but they know basic facts which improve the size of their catch. If there's a choice of when to go, why not wait for "ideal conditions"? It's well established that fish bite best when the moon is new — between the new moon and the first quarter, that is. Fish generally don't bite well when the barometer is falling — so try to wait until it is rising, or go when it is higher than normal. Another good time is when the weather man says a "cold front" is going to pass over. You should enjoy good fishing as the cold front passes — even in the rain!

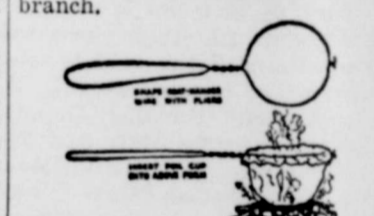
What bait or lures to use? Water temperatures play a big part in deciding. When the water is very cold or very warm, fish usually lie deep, so we should have best luck using bait or jigs — fished deep. When water is quite cold or quite warm, live bait, spoons, jigs or deep-running plugs are the answer. Fish them well below the surface, and try varying depths until you know at what level the fish are. Ideal temperatures are when waters range from 50°F. to 70°F. Then, fish should be feeding near or on the surface, allowing us to use flies, nymphs, spoons, spinners, near-surface or top-water plugs.

Dull colored and smaller lures usually bring best results when water is low and clear. Bright lures are preferred when streams are high; when the water is discolored, or when the day is dark. Under bright or low-water conditions, lures that are too large or that have much flash may scare the fish, rather than attract them.

For cold fishing days, here's an idea that adds a lot to comfort. Get a small (8 oz.) can of "Nestle's EverReady" Cocoa at your grocer's. Tear half a dozen squares of heavy duty aluminum foil from a roll and fold them over together once. Wrap the folded foil around the can of "EverReady" Cocoa and carry this light little package in your fishing kit. Now, you and your buddies can enjoy a tasty and fragrant hot beverage on the streamside while warming your hands over the little fire used to heat the water.

Making a cup from a sheet of foil is easy. Just crimp the foil over your fist and fold over the edges to make the cup. Part of the excess foil can be molded

into a handle. A better handle is made by shaping coat-hanger wire, as shown, and molding the cup into the loop. This handle is easy to carry in your creel or game pocket for later use. Similar cups can be made by shaping the foil into a handle made from a Y-shaped green branch.



"Nestle's EverReady" Cocoa is the only kind I know of which mixes instantly with very hot water or hot milk — and this popular brand also has sugar and whole milk already in it, so there's nothing else to add. In addition to the wonderful flavor of good cocoa, it is such an invigorating hot drink that it is a favorite of athletes, explorers and experienced outdoorsmen.

Chocolate is a delicious and compact food to enjoy when out-of-doors. I'm especially partial to the little cellophane packages of "Nestle's" Semi-Sweet Chocolate Pieces. These tasty chocolate drops neither are too bitter nor too sweet, and are ideal to carry in a coat pocket to munch on when one is hungry. They also come in butterscotch flavor. If a poll were taken of outdoor experts, most of them would recommend chocolate as the most compact, most nourishing and most delicious of outdoor foods. For maximum nourishment and flavor, chocolate bars with proteins added are preferred by outdoorsmen. Among these are "Nestle's Crunch" chocolate bars, which contain puffed rice, and "Nestle's Fruit-N-Nut" Bars, which have raisins and chopped nuts molded into the delicious chocolate.

If you enjoy outdoor cooking, here's a free 36 page illustrated booklet you can have merely by mailing a postcard for it. Address the postcard to "Joe Bates, Jr., Box 414, White Plains, New York", and ask for the booklet "The Easy Way To Outdoor Cooking". This helpful booklet gives scores of practical outdoor cooking ideas, plus many easy recipes for sportsmen. It tells how to make a "stovepipe stove"; how to build several kinds of safe cooking fires, and how to cook everything from a snack to a full meal without using pots and pans.